

Celebrate Fall Equinox Eve...

An Evening of Mindfulness

Wednesday September 21

Free Mindful Yoga

6:15pm - 7:15pm

FREE Dharma Talk

7:15pm - 8:30pm

Mindful Yoga



Donna Oropall

Donna Oropall, is a lecturer of Human Services at the University of Bridgeport where she teaches courses in the Human Services Program like Mindfulness Meditation, the Process of Living and Dying, Multicultural Perspectives, Introduction to Counseling, Human Services and Yoga/ Meditation. In addition to running Cognitive Behavioral Mindfulness groups in lower Fairfield County, she spends her free time volunteering at Greenwich Hospital Oncology and Surgery Units doing Healing Touch, an Energy Healing modality on receptive patients. She is currently, doing research for her forthcoming book on The Effects of Mindfulness on College Students.

Dharma Talk



Paul Epstein, ND

Paul Epstein, ND is a graduate of the National College of Natural Medicine (NCNM), specializing in mind-body integrative medicine and mindful healing. He maintains a thriving private practice in Westport, CT; travels extensively, lecturing, leading workshops and retreats worldwide; and offers imagery and mindfulness healing seminars. He is also the author of Happiness Through Meditation. www.drpaulepstein.com