

**Local Groups** All groups are either free or by suggested donation.

Portsmouth Hospital has a free drop-in group on Thursdays 10:00 -11:00 am. At 155 Borthwick Ave Bldg, 3<sup>rd</sup> floor west. This is a 20 minute guided sit (some silence) with 10 minute walking meditation and a short contemplation.

The Gateway Taiji Studio offers a sitting group, donation requested but not required. On Tuesday and Friday morning 7:30 – 8:30am This is a 20 minute silent sit with 10 minute walking meditation and 10 more minutes of silent sitting. <http://www.gatewaytaiji.com>.

The Portsmouth Library offers 2 meditation groups. Mondays 6-7 pm and Wednesdays from 12:15 – 1:15pm. Sessions will be lead by different teachers and be eclectic in their focus. <https://www.cityofportsmouth.com/library/weekly-meditation>

Rye Library offers a group on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month from 1:00 – 2:00pm. This is a 20 minute guided sit (some silence) with 10 minute walking meditation and a short contemplation. <https://ryepubliclibrary.org/>

Aryaloka is the Buddhist center in Newmarket. They have lots of classes and regular programs, including introductory ones. <http://www.aryaloka.org/>

The Portsmouth Buddhist Center is an extension of the Aryaloka community. They have open meditation times throughout the week as well as introductory classes. <https://www.portsmouthbuddhistcenter.com/>

The Portsmouth Mindfulness Community offers a weekly sit on Thursdays at 7pm. They are temporarily meeting at Safe Harbor – 865 Islington St, Portsmouth. <http://portsmouthmindfulness.com/>

There is a group that meets in Kittery at the Kittery Art Association on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 6:00 – 8:00pm. It is also a book group.

There is a group that meets at the Durham Community Church on Monday from 12 – 1:30pm. Wednesday evenings at 6:30 – 7:15pm. No charge for these groups. <http://ccdurham.org/worship-spiritual-growth/meditation-inspiration/>

Liz Korabek-Emerson [liz@korabektraining.com](mailto:liz@korabektraining.com) (603) 828-5702

---