



Bayside Meditation Christmas Party

Our 2020 Christmas Party was a little different this year, but nonetheless very exciting. This passed year has taught us to slow down and appreciate those most grateful to us. It was nice to socialize amongst each other and play games. We were welcomed by the meditation helpers with fun games, singing and dancing.

I have been meditating with bayside meditation for about 6 years. Through the years I have been involved in many parties and events hosted by Bayside center. Prior to starting my journey to enlightenment I was closed minded, judgmental, anxiety-ridden and unaware of my self. With the help of this method and patient helpers I have learned to be present and go with the flow.

This time around I assisted along with other meditators during the party by leading a game as an ice breaker and participated in Family Feud Christmas edition. There were jokes and laughter all night

We ended the party with Karaoke, singing along to Christmas carols. It was a festive zoom party, but can not wait to meet and embrace everyone in 2021.

