



Carolina Mindfulness Collective

CMC

A local (in-person and virtual) community of meditators offering free meditation instruction and guidance through online practice resources and weekly “Love Where You Sit” events.

Find our group on FaceBook:
[@carolinamindfulnesscollective](#)

For meditation resources:
[highest-heights.com](#)

What it is:

Instruction and guidance for meditation techniques and ways of practicing them (including some methods of Christian contemplative prayer)

Who it's for:

Anyone with interest in learning about or continuing to practice meditation (all levels)

What it's for:

Deepen your meditation practice and strengthen your ability to bring mindfulness into daily life through the support of a community of practitioners

When it will happen:

“Love Where You Sit” events each Wednesday morning from 8:30am-9:30am (in-person and virtual)

Where it will happen:

Tyger River Presbyterian Church
5961 Reidville Rd
Spartanburg, SC 29369

