

## Start your Day Mindfully



Morning practice is a great way to set our attentions for the day to be helpful to all.

BIBS will now offer **morning practice Monday - Thursday from 6:30am - 7:30am** guided by Clinton Smith at Empty Gate Zen Center.

Morning practice will consist of bows and morning chanting from 6:30am -7am

And

Sitting meditation from 7am - 7:30am

Please feel free to participate in either a 30 minute period or the full hour. Beginners are welcome.

If you have any questions about morning practice, feel free to email Clinton at [clintonjamesmith@gmail.com](mailto:clintonjamesmith@gmail.com).