



OCEAN COUNTY LIBRARY

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Susan Quinn, Director

February 1, 2024

PRESS RELEASE

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Meditate on the Wonder of Nature at the Ocean County Library Lacey Branch



LACEY TOWNSHIP – Spring arrives, and nature reawakens, bringing new life to our changing landscape. Experience its nurturing essence during “Mindfulness Meditation: On Wisdom of Trees” at the Ocean County Library Lacey Branch, 2 PM Saturday, March 16. Registration opens Saturday, March 2.

The compassion-based exercise is open to new and experienced meditation practitioners and enthusiasts, and is an ideal introduction for anyone interested in knowing more about tapping into calmness and empathy. A question-and-answer session will follow.

Instructor [Shazia Zaman](#), CMMT, CMT-P, is certified in Mindfulness Meditation and Reiki Master and a Master Level Crystal Bowl Practitioner. She has completed courses in Mindful Self-Compassion and Trauma Sensitive Mindfulness.

Please register at <http://tinyurl.com/OclLaceyMeditation> on or after Saturday, March 2 to take part in this free program. For more information, stop by the OCL Lacey Branch, 10 East Lacey Road, call (609) 693-8566, or visit www.theoceancountylibrary.org/events.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [X](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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Shazia Zaman

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