Marie Menard

Originally from France, Marie has lived in East Africa for the past 5 years. She participated in the first Karuna yoga teacher training in Uganda in 2017 and has been teaching Vinyasa and Yin ever since. Marie is also the founder of the Mindful Community meditation podcast. With countries going into lockdown in last March, she wanted to offer her community moments of relief and relaxation and began sharing free short daily meditations. Her vision is to keep bringing people together both online and in person to practice kindness and mindfulness and grow collectively.

Mindful Community pocast: [https://anchor.fm/marie-mnard](https://anchor.fm/marie-mnard%22%20%5Ct%20%22_blank)

Facebook: @mindfulcommunitywithmarie

Meditation: The Summer Solstice symbolizes transitioning into the unknown. We are all in this situation of uncertainty right now, where we have to let go of things as we know them but have no idea of what we are moving towards. This meditation will help guide us with the tools to navigate uncertainty.

Yoga: Simple, mindful movement, beginner-friendly Vinyasa. Focusing on attention, breath and body awareness.