

Meditation and More...




A Boston Bulldogs Running Club Program



Who is Mike Ferullo?

Michael Ferullo AKA “Coach” is a clinical social worker (LicSW) with a Masters Degree from the Boston College School of Social Work. As a psychotherapist, he spent many years working with staff and students in public and private school systems and treated adolescents, individuals and families with a specialty in treating individuals with Substance Use Disorder and families impacted by addiction. For the past 30 years “Coach” has been actively engaged in his meditation practice and attending silent retreats. He has taught meditation and mindfulness in academic, public and clinical settings.

In the course of his own recovery nearly 50 years ago, Michael found solace and wellness in running and meditation. His dedication to the idea that through self-leadership, transparency and community, and through a commitment to an integrated approach to wellness we can all find the “kind-hearted warrior” within led him to found the Boston Bulldogs Running Club as an independent non-profit in 2015.

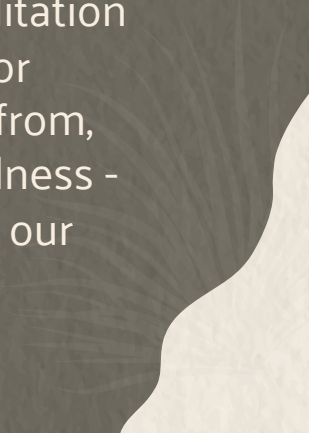






What is Meditation and More?

Mission Statement: Meditation and More provides a safe community where meditation and learning are encouraged and supported.

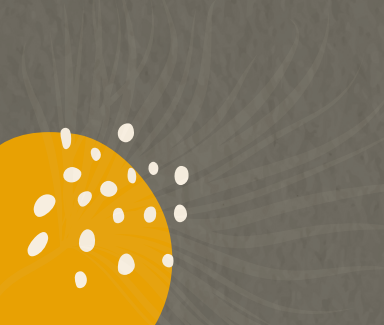

Program Description: Meditation and More, a free program open to the public and to Bulldogs members, provides participants an opportunity to come together virtually to meditate, serving as a resource to those who want to learn about establishing a consistent meditation practice. The benefits of meditation practice can include achieving deeper insight and gaining compassion for ourselves and others. Participants will also have an opportunity to learn from, engage with, and support one another in an integrative approach to wellness - through consistent effort, we can find deeper meaning and purpose and our unlimited potential.





What is Awareness Meditation?

Awareness Meditation is the practice of developing a deep awareness into our lives.

- Improves overall physical, emotional, and social wellness.
 - Calmness
 - Concentration
 - Wisdom and insight
 - Compassion for self and others
- 
- 



Our Connection to the Boston Bulldogs Running Club

Meditation and More is a natural extension of existing Boston Bulldogs Running Club programs, designed to promote an integrative approach to wellness.

Donations to the program are welcome and can be directed to the Boston Bulldogs Running Club via the Club's website.





Get Involved



Facebook Page

Follow us on a public Facebook page - titled "Meditation and More" - to stay updated!



Website Page

Check out our webpage on the Bulldogs website, and fill out the form to submit inquiries.



Email

Reach out to us at meditation@bostonbulldogsrunning.org





Get Involved



Weekly Meetings

Coach will host weekly meditation sessions on Tuesdays at 8:30 AM and on every third Wednesday at 7:00 PM.



Podcast

Coach will be publishing podcasts on a regular basis soon - he'll answer all of your meditation questions there!

Help us spread the word about Meditation and More to your friends and family! If you're interested in helping out with Meditation and More, contact the Coach!





QUESTIONS?



Let's Meditate



Thank you!

Email: meditation@bostonbulldogsrunning.org