



Meditation Series °

Quiet the mind and relax the body with this 4-week meditation series. Each 45 minute session will include some gentle stretching and a mixture of meditation and guided imagery, bringing greater awareness to the breath, mind and body.

Four sessions offered beginning the week of ° : ° :

Sundays 10:30 – 11:15 am

Tuesdays 2:30 – 3:15 pm

Fridays 2:15 – 3:00 pm

Please register at the front desk. Class will be held in the Mind / Body Room.

4-week session pricing

\$20.00 members

\$80.00 non-members