



# 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 **July 8:**

**Sundays 10:30 – 11:15 am**

**Tuesdays 2:30 – 3:15 pm**

**Fridays 2:15 – 3:00 pm**

**7:05 – 7:50 am**

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