

Mindful Meditation



Saturdays

9:15 - 10:00 am



\$27/\$22 Resident Discount, Ages 50+

April 15 - May 13 ~ Barcode: 15310

May 20 - June 10 ~ Barcode: 15311



Learn techniques to manage and reduce stress, calm your mind and increase overall awareness in your daily life.

Please bring a yoga mat

Class includes:

Sitting Meditation

Breathing Awareness

Mindful Movement



John D. Spreckels Center and Bowling Green ~ 1019 Seventh Street ~ Coronado, CA 92118

(619) 522-7342 ~ www.coronado.ca.us/spreckels

