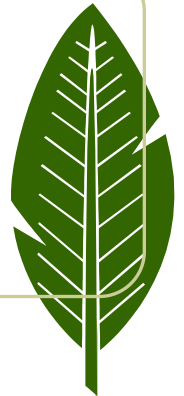
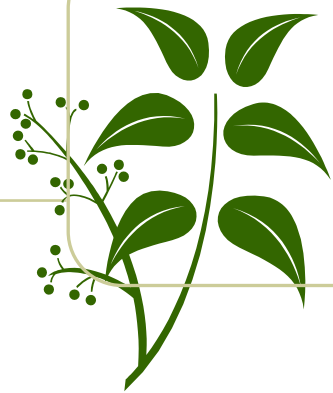


Meditation & Stress Reduction



Use movement, stillness, breath, visualization and sound to help calm, heal and balance body, mind and spirit. These simple yet powerful meditation, relaxation and breathing techniques can be done seated, standing or lying down.

No experience necessary. All levels welcome.

Drop-in classes every 2nd & 4th Tuesday of each month.

Time: 12:30—1:30 PM

Meditation classes at the YMCA are informative, fun and a great way to help reduce stress and bring clarity, peace and well being into our daily lives.

"Meditation classes are very convenient at the YMCA. I have learned so much. Having two small children, meditation is something that helps me daily deal with stress - I can't imagine my life without it"

- Heidi M., class participant

