

Meditation & Stress Reduction

Explore a variety of meditation practices and relaxation techniques in a supportive group setting. Gain internal strength through instructor led visualizations, mindful breath control and more!



Next 3-Week Series:

Wednesdays

3:00-4:00pm

February 3rd, 10th & 17th

Instructed by Holly Pace

Certified Kripalu Yoga Instructor 1991 YMCA Yoga Instructor
Stress Reduction Instructor since 2003

3-week session class fees:

Members	\$20
Program Members	\$25
Non-Members	\$30

Sign-up in Membership Office Wear Comfortable Clothing
Meet in the Conference Room Class Size Limited to 12

Sonoma County Family YMCA

1111 College Avenue, Santa Rosa, CA 95404 (707) 545-9622 FAX: (707) 544-7805
www.scfymca.org Financial assistance is available.

