

GUIDED MEDITATION



Guided meditation calms the mind and relaxes the body. Those who practice it regularly may experience reduced levels of stress and increased inner peace and well-being. The instructor will help you focus on relaxing your mind and making positive mental changes.


ADMISSION IS FREE.

Wednesdays
June 7; July 12
August 2; September 6
5 pm

BROAD CHANNEL

16-26 Cross Bay Boulevard

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 to Broad Channel

Q21 Q53

