



Guided Meditation and Yoga

one hour Workshops

FREE  NO EXPERIENCE NECESSARY

Benefits of Meditation;

- Improved Energy
- Positive Attitude
- Better Sleep
- Mental Clarity
- Feelings of Wellbeing
- Improved Health
- Better Brain Power

**Every Thursday at
5:00pm-6:00pm**

*PLAYCARE IS NOT AVAILABLE

Firehouse Community Center
810 Grand Avenue

For more information, contact Dennis Saicocie at (916) 567-9567



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