

New Meditation class for Pre-teens & Teens



More teens than ever are discovering the power of meditation. Many report feeling more relaxed, more focused and less anxious after participating in meditation classes. This class is specially designed for pre-teens and teens. Guided meditation, yoga stretches, moving meditation and various calming techniques will be introduced, providing students with tools for use in school and at home. Once learned these tools can be used in as little as 10 minutes a day. Most of all it's fun and your teens will love it!

New class HELD at LUMINA this fall

Ages 10-14

Thursday's September 16-October 28 (7 week series)

5:00-5:45pm

\$70 members, \$105 non members

Minimum of 4 participants to run the class ~Pre-register at Lumina

For information contact Marci Zieff at 508-733-1653

Or karmakids@hotmail.com

To reserve a space call LUMINA at: 508-358-6022

