



Join us for special Pop-Up Guided Meditation Sessions!

Guided Meditation Aerial Hammock Style

Ascension St. Vincent YMCA
Monday, October 16 · 1:15 pm
Tuesday, November 14 · 7 pm

What to expect:

You'll journey through your guided meditation, supported snugly in our Aerial Hammocks. In our dimly lit room, your Instructor will help you connect to your breath, and then return to - and stay present with it - when your mind begins to wander.

This slow paced mental exercise will help your brain to reset, and create some much needed space, or "mental margin" for your life. There are no ritual chants, sayings or special poses.

Each session is 45 min. Wear comfortable clothing, including shirts with sleeves. For safety reasons, no jewelry allowed in the hammocks.



Guided Meditation Restorative Yoga Style

Dunigan Family YMCA
Wednesday, October 11 · 12 pm
Sunday, November 12 · 4:30 pm

What to expect:

You'll journey through your guided meditation, supported by a yoga bolster pillow and blanket. In our dimly lit room, your Instructor will help you connect to your breath, and then return to and stay present with it when your mind begins to wander.

This slow paced mental exercise will help your brain to reset, and create some much needed space for you in your hectic life. There are no ritual chants, sayings or special poses.

Each session is 45 min.
Wear comfortable clothing.
Please bring a towel. Childcare available.

Registration is required and opens on October 2nd.

Non-members welcome. Minimum age 12 years. Space is limited!

\$15
Per Member
\$30/Non-Member