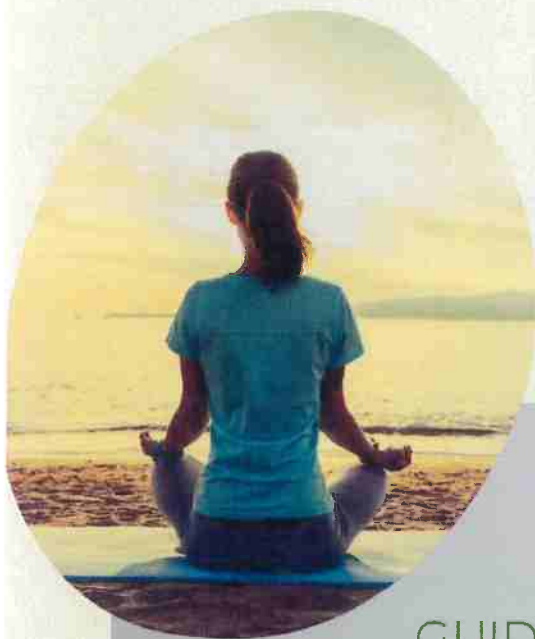




# JOIN OUR SUNDAY MORNING MEDITATION

WHETHER YOU'RE A BEGINNER OR EXPERIENCED, THIS SERIES WILL GUIDE YOU THROUGH POWERFUL PRACTICES TO CULTIVATE MINDFULNESS, REDUCE STRESS, AND DEEPEN YOUR CONNECTION TO YOURSELF.



## WHAT TO EXPECT:

GUIDED MEDITATIONS ON THEMES LIKE BREATHWORK, GRATITUDE, SELF-ACCEPTANCE, AND EMOTIONAL AWARENESS.

SILENT REFLECTION TO INTEGRATE YOUR EXPERIENCE.  
PRANAYAMA OR BREATHING EXERCISES FOR DAILY PRACTICE

## PRICING:

THERE ARE TYPICALLY 4 CLASSES EACH MONTH (SUNDAYS ONLY)

DROP IN \$20 FOR ONE 60 MINUTE CLASS  
BUNDLE SAVINGS \$65 FOR 5 CLASSES AND VALID FOR 6 MONTHS(ONLY \$13 PER CLASS)

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