

MIDDAY MOVEMENT + MEDITATION

6 WEEK SERIES

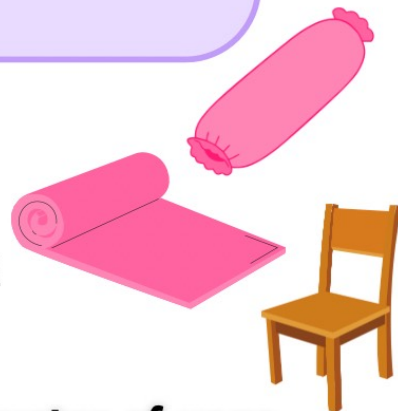
Wednesdays starting April 3rd through May 8th

12:00 PM – 1:00 PM

Conscious relaxation has a balancing effect on the systems of your body. When practiced regularly it can lead to a greater sense of CALM, CLARITY, and FUNCTIONALITY

Each class will consist of gentle movement, breathe awareness, self-massage, relaxation, and guided meditation.

The relaxation and guided meditation portion of this class can be enjoyed on the ground on a yoga mat or seated in a chair. You can bring a blanket and a pillow/bolster to make your experience more comfortable.



Instructor Laura Budde is a practitioner and instructor of yoga, qigong, tai chi, and reiki. Since 2019, she has taught 100s of classes in-person and online with students from 3 to 83 years old!



Wilmerding Community Center

1 Memorial Field Wilmerding, PA 15148

412-520-7946 — www.wilmerdingcommunitycenter.org