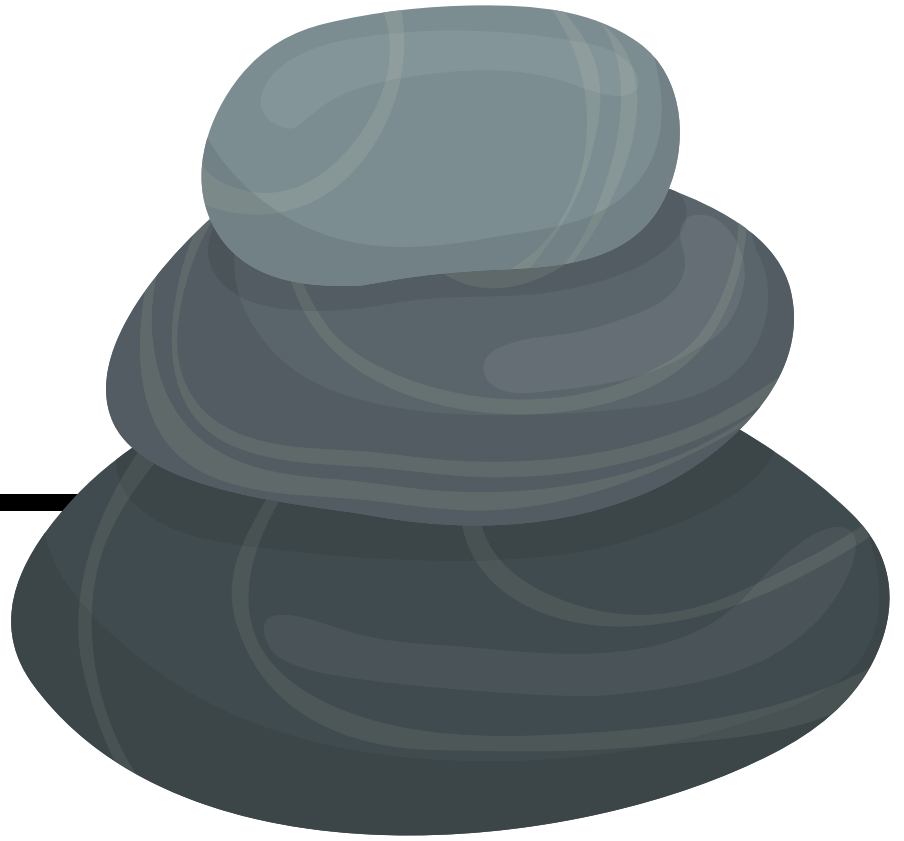


CITY OF MARINA

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# MEDITATION

Join us for a **FREE** mindful  
movement and meditation session

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**EVERY TUESDAY 5:30PM,  
STARTING JANUARY 7  
GLORIA JEAN TATE PARK**

Class offered by



# WHAT IS A MEDITATION CLASS LIKE?



Practicing meditation helps achieving a state of calmness, a clear, relaxed, and inwardly focused mind. This class consists of mindfulness meditation exercises and mindful movements. In unifying our movements, breathing, and mindfulness, we revitalize our natural energy flow creating harmony in mind, body and spirit.

## Benefits of Meditation:

1. Lower your stress and pain
2. Elevate mood and energy
3. Controls and lowers anxiety
4. Improve your heart health
5. Lengthen your attention span
6. Ground yourself for more calm and clarity
7. Improves sleep



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For any questions or additional information, contact us at [info@montereybaymoves.com](mailto:info@montereybaymoves.com)

**[www.montereybaymoves.com](http://www.montereybaymoves.com)**