

GUIDED MEDITATION

ONLINE PROGRAM



Class includes basic stretching, review of meditation steps, and guided meditation session. No experience necessary.




WHO: Individuals with a special need or disability
8 Years of Age and Over

WHEN: May, June & August 2022
Saturdays 9 A.M. – 9:45 A.M.

FEE: FREE – program offered in partnership with
Palms to Pines Parasports

EXTRAS: All participants must register through the
DRD platform

The class  information will be on your receipt after registering for the program.

- Best Location: A comfortable spot, i.e., bed, couch, pillow fort, chair.
- Wear comfortable clothing
- Water



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