**Bermuda Dunes Community Center** • **78-400 Ave 42, Bermuda Dunes**

GUIDED MEDITATION

HYBRID PROGRAM – OnLine & inperson

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

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| **WHO:** | **Individuals with a special need or disability**  **8 Years of Age and Over** |
| **WHEN:** | **Ongoing, Fridays 4:15 - 5 P.M.** |
| **FEE:** | **$25 per month, or FREE with our**  **ADAPTIVE MEMBERSHIP** |
| **EXTRAS:** | **If joining us online through , the class information will be on your receipt after registering for the ONLINE class.**   * **Best Location: A comfortable spot, i.e., bed, couch, pillow fort, chair.** * **Wear comfortable clothing** * **Water** |



*Sign up using either the* ***IN PERSON*** *or* ***ONLINE*** *option!*