

# Desert Recreation District

JOIN US VIRTUALLY



## ADAPTIVE 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, friends & family, Age 8 and older

**WHEN:** Fridays in December  
3-4pm

**FEE:** FREE in December

JOIN US ON:

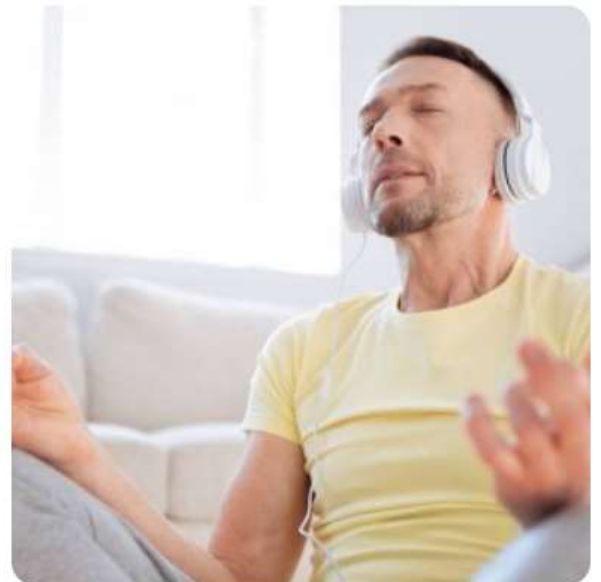


**WHAT TO HAVE/WEAR:**

- Comfortable clothing
- Water

**BEST LOCATION:** A comfortable location, i.e. bed, couch, pillow fort, chair.

**EXTRAS:** Class link/zoom information will be on your receipt after registering for the class.



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For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484