

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 November
3-4pm

FEE: FREE in November

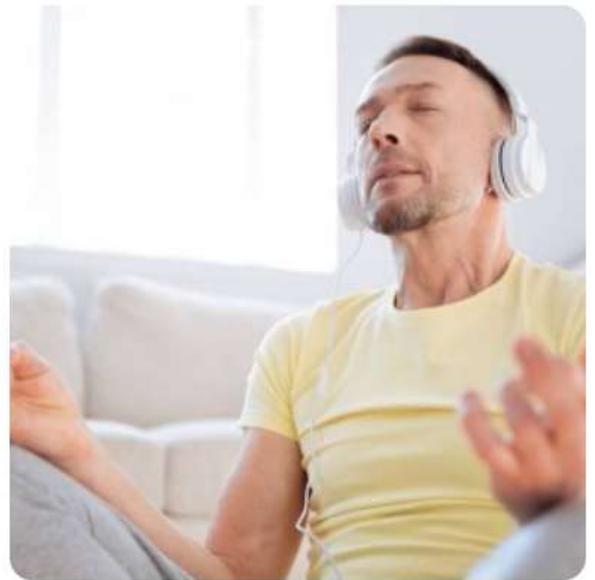
JOIN US ON:



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.



Contact Kendra with
questions: 760-834-9597



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