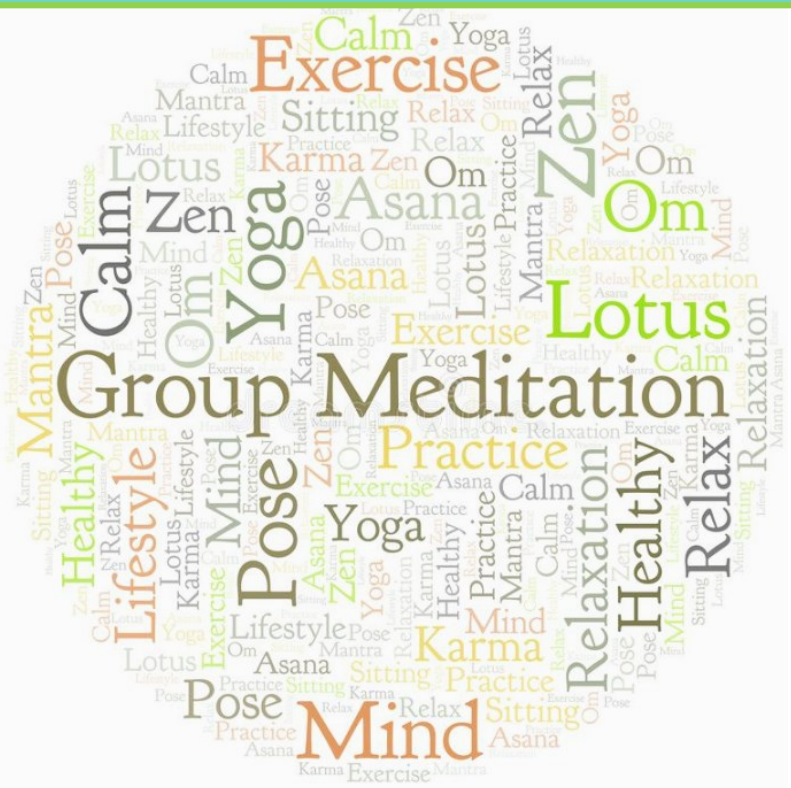
Carrabassett Valley Recreation Department



Introduction to Meditation

Have you ever wanted to learn to quiet the mind and calm the body?

Join our 6-week journey in meditation. We will learn various techniques and how to create good habits to bring this practice into your daily routine. Meditation has proven to lower stress and create an increased positive mindset in our lives.

No experience necessary.

30- Minute

Meditation

w/Terrie Hoops

Time: Wednesdays 9:00—9:30 AM

Location: Anti-Gravity Complex

3207 Carrabassett Drive

Price: $8 a class or $40 for the 6-week session

(bring cash or check for the instructor)

Covid protocols will be in place. Masks are required.

Space will be limited. Wear comfortable clothes.

Please pre-register by calling the AGC @ 207-237-5566

Starting

OCTOBER 13th

Anti Gravity Complex