

Guided Meditation and Breathwork

Wednesdays 9:00am-10:00am

This is a seated, mindfulness meditation class connecting small movements with breathwork. Practicing body scan meditation to still the mind and bring into focus certain parts of the body, by guiding imagination and intentions to calm ones mind and emotions.



**North Cambridge
Senior Center
2050 Massachusetts Ave
617-349-6320
For Ages 60+
Cost: \$3.00 Per Class**