Palm Bay Parks & Recreation

journey meditation

The Captain's House at Goode Park 1300 Bianca Dr., NE



Wednesdays 6:45 PM

age 18 and older

\$4 per class

or 5 class punch card for \$17.50

please pre-pay at the Palm Bay Community Center 1502 Port Malabar Blvd.

Meditation is the practice of quieting the mind. The art of meditation allows you to connect mind, body & soul increasing the sense of peace, joy and contentment throughout your day.

Benefits of meditation include: stress reduction, lowered blood pressure, improved sleep patterns, and improved concentration.

Loose comfortable clothing and yoga mat or pillow is recommended











