

Classes

Midday Moving Meditation

When

12 - 12:30 pm.

Every 1st & 3rd Thursday*

*except during Holidays & Library closures

Where

5 Helzberg Auditorium



Give your mind and body a midday break.

Explore 30 minutes of moving meditation designed to help you renew and reset. Sessions include an accessible mix of qigong, yoga, and mindfulness meditation, and all can be done sitting or standing.



Class by Nicoya Helm

Certified Mindfulness Meditation Teacher

All minds and
bodies welcome!

Community Learning Specialists
PA-AS-1.28.25

