



MEDITATION & RELAXATION

THURSDAYS
10:00 am

Release Stress & Tension with Meditation

Certified Reiki Practitioner Anne Shields will lead sessions of relaxation and meditation. Incorporating principles of yoga, Qi Gong and Tai Chi, Anne will introduce gentle exercises to release muscle tension, deep breathing techniques and soothing meditation, leaving you feeling calm and relaxed. Please wear comfortable clothing and bring a yoga mat/blanket.

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