

eliminating racism  
empowering women

**ywca**

Central Massachusetts

# 6-Week Morning Meditation Series

*Uncover universal wisdom and ignite the light  
that lives inside of you.*

This 6-week series beginning May 4 will introduce you to the healing power of sound meditation.

These classes are focused on bringing alignment and harmony to your energetic field and supporting you on a journey through sound and optimal imagination. Surrender, release, and rejoice.

*Interested in a fitness membership?  
Call 508-767-2505 ext. 166 or email  
KBeardmore@ywcacm.org to learn more about  
drop-in or annual membership options.*

## Saturdays

May 4, 10:45-11:30 a.m

May 18, 10:45-11:30 a.m

May 25, 10:45-11:30 a.m

June 1, 10:45-11:30 a.m

June 15, 10:45-11:30 a.m

June 22, 10:45-11:30 a.m

*\*May 11 and June 8- no class*

