

# MINDFUL MEDITATION SESSION

Led by  
**Dr. Aja King**



**Brooklyn  
Park**

**FREE DINNER  
INCLUDED!**

**DATE | THURSDAY, FEBRUARY 2**

**LOCATION | EDEN PARK APARTMENTS PARTY ROOM**

**TIME | 3:00-5:00PM**

#### **WHAT TO EXPECT?**

- Learn relaxation and breathwork techniques to relieve stress and tension in the mind and body
- Dinner will be provided
- Yoga mats and chairs provided
- Spanish-speaking interpreter will be available

#### **WHAT DO YOU NEED?**

- Comfortable clothing
- Pillow and sheet/blanket (optional)

**VERY LIMITED SPOTS AVAILABLE!**

**TO SIGN-UP CONTACT LYDIA SHIELDS:**

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