

# Guided Meditation and Breathwork

**Wednesdays 9:00am-10:00am**

**This is a seated, mindfulness meditation class connecting small movements with breathwork. Practicing body scan meditation to still the mind and bring into focus certain parts of the body, by guiding imagination and intentions to calm ones mind and emotions.**



**North Cambridge  
Senior Center  
2050 Massachusetts Ave  
617-349-6320  
For Ages 60+  
Cost: \$3.00 Per Class**