

# COMMUNITY REST PRACTICE: GUIDED RELAXATION FOR ALL

**THURSDAY 9/28**  
**MONDAYS: 10/16, 11/13, 12/11**  
**7:30-8:30 PM**

Join us for an expertly led guided relaxation practice designed to help you unwind from the stresses of daily life, nurture your mental health and enhance overall well-being.



This beginner-friendly class is open to pre-teen - adults, and crafted to provide you with a space for rejuvenation and self-care. You'll experience a variety of techniques to promote mindfulness, reduce anxiety, release tension, improve sleep and enhance self-awareness.



**Register FREE at:**



**PLEASE WEAR COMFORTABLE CLOTHING.  
BRING A MAT AND/OR A BLANKET.**  
Childcare available .

<https://bit.ly/44bXzh>

Led by experienced facilitator, Maura Manzo, a sought after yoga & meditation teacher , specializing in trauma-informed practices, community engagement and mind-body integration.

**Hosted by**



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