

Guided Meditation for stress relief



Thursday, May 27th @ 4pm

In-Person at the C.B. Hildebrand Public Library
or online via Zoom

Teens can join online or in-person for a guided meditation session designed for stress relief!

Teens will learn the fundamentals and benefits of meditation and participate in a session together.

In-Person participants are encouraged to bring their own yoga mat, blanket, or pillow to sit or lay on. A limited number of mats will be provided on a first-come, first-served basis!

For more information, contact Lizzie at 828-764-9273 or by email at lizzie.whisnant@burkenc.org!

Program is limited to middle and high school students only.

Pre-registration & YAS All-Access Pass is required to participate. Space is limited for in-person participation.

