

# meditation in the park

Fridays, July 14-August 25 | 1:00 – 1:30 PM

Francis William Bird Park, E. Walpole

where  
wonder  
happens



Join experienced yoga instructor Ashley Brayden for an enjoyable half hour of FREE guided meditation at Bird Park! Each week participants will explore ways to breathe more fully, increase awareness, and stay in the present moment. No experience required. Beginners welcome! The meditation follows the vinyasa yoga class held at the Music Court (stone stage) every Friday 12:00-1:00 PM! Please make sure to bring a beach towel or yoga mat and dress in comfortable clothes. Registration is not required, but is greatly appreciated. Please register online at [www.thetrustees.org/things-to-do](http://www.thetrustees.org/things-to-do) (select Francis William Bird Park) or contact Maura ([mogara@thetrustees.org](mailto:mogara@thetrustees.org); 508-668-6136).



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