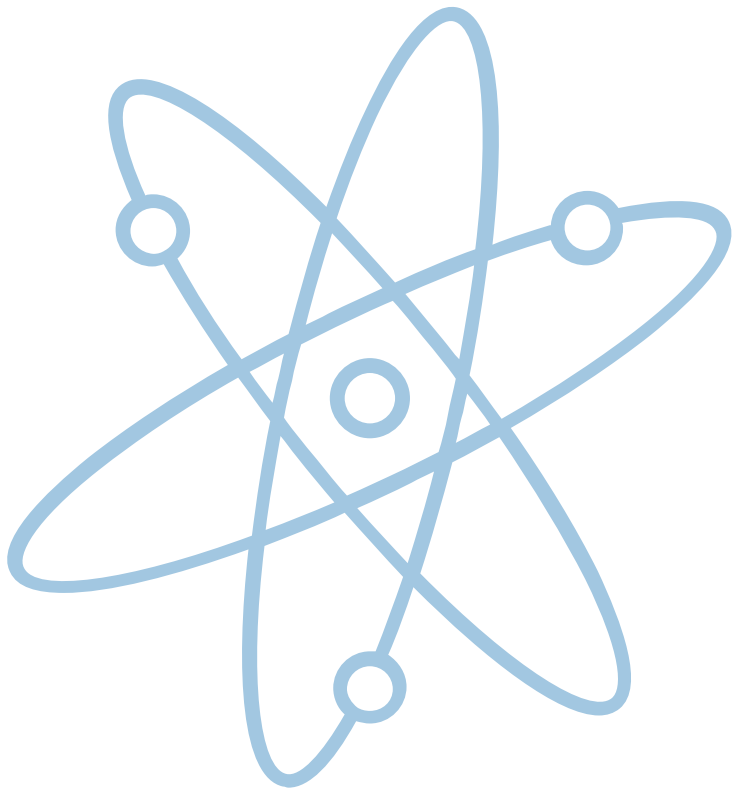


Woodbury Parks and Rec

Mindfulness for the Young Mind

Introduction to Vibrational Sound Instruments



- Kick off the New Year and join us for a fun and interactive evening of relaxation and soothing instrumentals!
- Open to 6th-12th grade.
- Find ways to reduce stress and anxiety in your daily life through meditation, sound and fun.



Inspired Vibrations

Tuesday, January 28th

6:30pm - 7:30pm

\$25.00

Register at:

www.woodburyparksandrec.org