

'Practicing Your Presence'

A MEDITATION GROUP OPEN TO ALL!

Join us to discover a fun, insightful, judgement and worry-free group, that can guide you down a path of self-discovery, and towards a happier and healthier life.

instructed by Ted Costa

MEDITATION MEET-UP

2:32

Wednesdays: Two Sessions

1:30pm-2:30pm

5:00pm-6:00pm

Woodbine Community Center

(812 Longfellow Street, Woodbine)



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LIBRARY

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