

ALL AGES WELCOME! FIRST CLASS FREE!



# Meditation Classes

INSTRUCTOR: YOON TEETERS, OVER 40 YEARS OF MEDITATION EXPERIENCE

## Meditation

11 a.m. - 12 p.m.

## Mindful Walking Meditation

12:45 p.m. - 2:15 p.m.

## Little Drum

2:30 p.m. - 3:30 p.m.

CLASSES OFFERED ON SATURDAYS

\$7 DROP-IN OR \$25 PER MONTH

\*PRE-REGISTRATION REQUIRED FOR ALL CLASSES\*

Joshua Tree Community Center: 6171 Sunburst, Joshua Tree | 760-366-8415

Register online: [specialdistricts.sbcounty.gov](https://specialdistricts.sbcounty.gov)

 Joshua Tree Recreation & Parks District

