

## **Opportunities for Meditation:**

### **Monday**

Water Yoga- yoga class itself is considered to be meditative. 15 minutes of supported water floating at the end of class. 11:30-12:15

Water Tai Chi- Tai Chi is meditative by nature and there is a 15 minute silent meditation at the end of class. 3:30-4:30

### **Tuesday**

Gentle Yoga- 15 minutes of meditation at the end of class. 9:00-10:00

Tai Chi- Tai Chi is defined as “moving meditation”. 15 minutes of meditation at the end of class. 11:15-12:15

Lunch Time Meditation- Guided Meditation- 12:30-1:00

Chair Yoga- 15 minutes of meditation at the end of class. 2:15-3:00

### **Thursday**

Chair Tai Chi- 15 minutes of meditation at the end of class. 2:15-3:00

### **Thursday**

Gentle Yoga- 15 minutes of meditation at the end of class. 9:00-10:00

Tai Chi- Tai Chi is defined as “moving meditation”. 15 minutes of meditation at the end of class. 11:15-12:15

Lunch Time Meditation- Guided Meditation- 12:30-1:00

Chair Yoga- 15 minutes of meditation at the end of class. 2:15-3:00

### **Friday**

Water Yoga- yoga class itself is considered to be meditative. 15 minutes of supported water floating at the end of class. 11:30-12:15

Water Tai Chi- Tai Chi is meditative by nature and there is a 15 minute silent meditation at the end of class. 3:30-4:30