



# Heartfulness Meditation



**FREE!**

Join us for a wellness program to foster physical & emotional well-being through heart based meditation, relaxation and detoxification, along with micropractices to help wellness & lifestyle choice tips for better personal & social development.

Taught by Twila!

**Ages: 15+**

**Time: Wednesdays 6:30pm - 8:00pm**

**Where: Redlands Senior Center**

(111 W. Lugonia Ave. redlands, CA 92374)



*scan for  
more info.*

