



NEW **Meditation** **For Youth**

For ages 11-18 years

Explore breathing exercises and use visual imagery and relaxation techniques. We will learn to use feelings of self-expression and engage in positive thinking behaviours, while increasing our own personal awareness.

Tuesday, Sept. 12-Nov. 28

4:45-5:45pm

Recreation Complex

**Register now
for Fall
programs**

Port Moody Recreation Complex

300 loco Road, Port Moody, BC | 604.469.4556 | www.portmoody.ca

PORT MOODY
CITY OF THE ARTS