



CITY OF
ARROYO GRANDE
CALIFORNIA

PRESS RELEASE

Thursday, January 26, 2017

**CITY OF ARROYO GRANDE RECREATION SERVICES DEPARTMENT'S
MINDFUL MEDITATION**

Are you feeling stressed? The City of Arroyo Grande Recreation Services Department is offering a Mindful Meditation class taught by Gayle Cuddy. In this class, participants will learn various methods of meditation to help reduce stress, learn to focus better, and how to declutter one's mind. Gayle will use meditation, walking meditation and discussion for this class as well as follow "A Mindfulness-Based Stress Reduction Workbook" by Bob Stahl and Elisha Goldstein (available on Amazon and in the library); it is not necessary to have the book to benefit from the class. Meditation pillows for the floor sitting **will not** be provided but you are welcome to bring your own.

This session runs from February 7th – March 14th, and will be held on Mondays from 3:00 – 4:30 p.m. at the Arroyo Grande Woman's Club located at 211 Vernon Street, Arroyo Grande. The cost for this class is \$45. Registration is available online at www.arroyogrande.org or in person at the Arroyo Grande Recreation Services Office at 1221 Ash Street in Arroyo Grande. For more information, contact the Recreation Services Office at 473-5474.

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