



Meditation & Breathing

Come relax and unwind with a light guided meditation and breathing exercises.

Every other Thursday in the Youth Space. 7 am-730 am and 6 pm-630pm.

Emmanuel United Methodist door #4

Starting March 7th

Contact Joshua for more info.

Meditation and breathing can be a great way to address anxiety in the moment. Setting aside a little time every other week to be silent and re-group can be a great way to maintain balance. Every other Thursday we meet in the Youth space to share in Guided meditation and breathing exercises. We will have different people lead the sessions to share different techniques. Sometimes we will share in a recorded Guided meditation. Additional sessions and time may be added depending on need and participation. If you would like to schedule a group for your organization or business contact Joshua!

Contact Joshua for more information!

Joshua@emmanuelumc.org