



Mindful Meditation At Tri-Town Beach



2024 brings a new opportunity to deepen your mind-body connection through beginner yoga and meditation. Join us for our revitalizing sessions set against the serene backdrop of Tri-Town Beach, starting on May 27th, 2024. Our experience will be led by Sydney Abild, to guide you on your journey to inner peace and physical well-being.

Classes will be held every Monday and Wednesday from 9:00-9:45 am, offering fourteen sessions. Whether you're a beginner or seasoned practitioner, there's a place for you in our community. Embrace the tranquility of the moment and discover the transformative power of yoga and meditation.

For further inquiries, feel free to come by the lake and talk to Sydney Abildaq, our instructor, at any time. We look forward to welcoming you to our community of mindful practitioners.

No Advance Sign-ups: Simply drop by our location on the beach and register for the session of your choice

Mindful Meditation Cost Per Session:

Season Pass Holder \$2.00

Non Season Pass Holder \$5.00

