

Join us Tuesdays at 5:30 pm
May - September 2024

Movement & Walking Meditation

Offered weekly to de-stress and replenish your energy.

Katrina Piehler, wellness coach and mindfulness educator, leads the short **Qigong** classes (a simple body-mind practice that weaves together gentle stretching, mindful breathing and flowing movements)

followed by a **Meditative Labyrinth Walk**.

The perfect way to transition from your busy day into an evening of renewed wellbeing.

Armenian Heritage Park
on The Greenway, Boston

Reservations appreciated
hello@ArmenianHeritagePark.org

Program of Friends of Armenian Heritage Park in collaboration with
The Greenway Conservancy Fitness program and
Boston Public Health Commission