

City of Los Angeles Department of Recreation and Parks  
OAKWOOD RECREATION CENTER  
767 California Ave. Venice, CA 90291  
310.452.7479 OFFICE 310.399.3805 FAX



PARK PROUD LA



# MEDITATION

## *Classes*

*with Susan Barnes*

**FREE!**

**MONDAYS & THURSDAYS  
SEPT. 16TH - SEPT. 30TH  
7PM - 8PM**

Come join the community to sit together and learn about meditation! We will cover the basics of meditation, practice meditation together, and finish with an optional reflection on the overall experience. Wear comfortable clothes & bring a meditation cushion or pillows, if you have them.

**The benefits of regular meditation practice includes, but are not limited to:**

- \*Reduction in stress, anxiety, and depression
- \*Increased positive emotions
- \*Increased focus
- \*Increased emotional stability and intelligence
- \*Improved sociability
- \*Increased neuroplasticity
- \*Boost immune system
- \*and more...

Persons with disabilities are welcomed to participate in our program.  
Reasonable accommodations can be made with prior arrangements.