

Powerfully Peaceful

Participants will be taken on a guided, interactive meditative journey. Both adults and kids can explore breathing techniques and practical tools to relax and deal with stress. Tem Blessed will provide a brief history and philosophy on meditation practices and their many benefits to stay calm and balanced.

Program Type [Single](#)

Time 1 hour

Audience Size 2 min

Language English

Audience All Audiences

Season All Year

Topic Wellness

Region Statewide

Program Contact

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