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Day 94 : 99 Days of Art in St. Petersburg

St. Petersburg Arts Alliance

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DAY 94 | 99 DAYS OF ART IN ST PETERSBURG

August 26, Wednesday

Days: Wednesdays
Time: 12:30pm

Cost: $15 (includes Gardens Admission)

Location: Sunken Gardens at 1825 Fourth Street North, St. Petersburg

Summary: Join Emily Rivera at 12:30pm for Meditation every Wednesday at Sunken Gardens. During this hour Emily will guide participants into cultivating mindfulness in their own lives. Weekly you will be guided in a journey of self-awareness into your own consciousness. Cost: $15, includes admission to Gardens. The intention of this class is to help individuals awaken to the unique beauty and possibilities of each present moment. The present moment being the only time we have to live, love, align to purpose, heal, learn, grow, and to connect to insights that offer clarity into the next steps in the different areas of life. As a garden requires tending to create beautiful flowers, free of weeds, our mind too requires the cultivation of mindfulness which empowers our thoughts and further promotes well-being within our mind, body, and spirit. Numerous studies have shown that meditation is good for you and can promote self-healing, inner power and harmony, relief from stress and/or pain, clarity, purpose, restoration, tranquility in life, empowerment for breaking habits, peace of mind, insights, physical health, and more. This class is ideal for anyone who’s wanting to reclaim the richness, gift, and power of his or her moments. Whether you are new to meditation or someone who has been meditating for years, Meditation at the Gardens, will take your practice and your life, to the next level. www.stpete.org/sunken

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