Graphical user interface

Description automatically generated with medium confidence

**Meditation**

Utilizing breath work and awareness building

**(Day of the Week) @ (Time of Class)**

(Start Date) - (End Date)

location

**Register at** [**on.nyc.gov/worksitefitness**](https://on.nyc.gov/worksitefitness)

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Please email **(insert contact info here)** if you have any questions.