

Meditation with Yolanta



Yolanta Kovalko will lead a Yoga Nidra Guided Meditation. This 45-minute session will help students to improve posture and breathing while taking their mind on a journey toward deep relaxation. Singing bowls will be used to create a sound bath experience. The goal is to provide a safe, relaxed, and inclusive environment where everyone feels good and supported.

**Thursday, May 21st at 5:00pm
at the Holland Street Center**

For more information and to register,
contact Michelle at 617-625-6600 x2315



Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.



**JAKE WILSON
MAYOR**