

Restore Meditation

Lunchtime Classes | Guided Sound Healing Meditation



Squeeze in meditation during your lunch break to reduce stress, increase your mental clarity and keep you going all day long.

Open to the power of vibrational meditation in these popular classes, which combine guided meditation, breath work, and the healing power of sound.

Whether you are new to meditation or have an existing practice, these accessible classes will leave you feeling relaxed, refreshed, and restored!

No special attire needed. Come as you are; in a suit or sweats.

Tuesdays at 12:30 PM (40 min. class)

Thursdays at 12:00 PM (20 min. class)

Discount for Cummings Properties Clients

15% off Morning & Mid-Day Classes and Class packs

Use Promo Code: Cummings2019

[Book your cushion here.](#)

Kids | Teens | Adults | Corporate

400 West Cummings Park, Suite 1925 (outside entrance adjacent to UPS)

Contact us: eleana@restoremeditation.com or (781)-281-0270

www.restoremeditation.com