



Ahhh...Reducing Stress With Music

Fayette County Parks and Recreation

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AHHH.....REDUCING STRESS WITH MUSIC

Let's talk about why we need to reduce our stress level, and how to take a step back and assess our needs. This class will help you start a music meditation practice that fits *you*. In this class students will learn to identify their stressors, make a time commitment for music mediation, learn and participate in the three types of music relaxations, and identify those techniques that suit their relaxation style the best.

Day: Saturday

Date: Session I: May 26
Session II: July 21

Time: 4:00 p.m. – 5:30 p.m.

Fee: \$35 per session (resident)

Age: 15 & Older

Location: Activities House

Course Code: 18277

Course Code: 18278

\$52.50 per session (non-resident)