



Nature Meditation Experience

A FREE PROGRAM FROM MCBP*

Spend an hour and half immersing oneself in the nature surrounding the Sinepuxent Bay. Participants will be led through a meditation series to deepen their relationship with the natural spaces around them as well as enhance their observation skills. Open to all ages.

Date: June 22th from 5 - 6:30 pm

Assateague Living Shoreline

*\$5 to per car to park/ASP pass accepted

