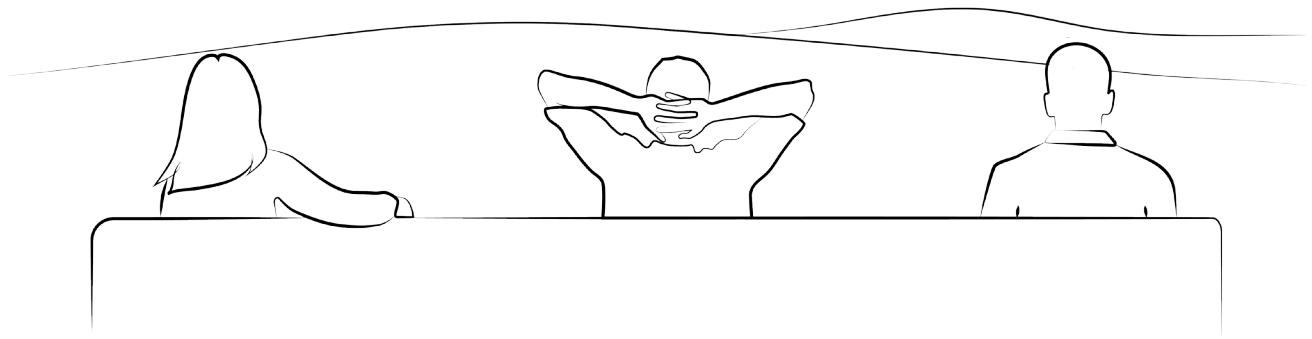
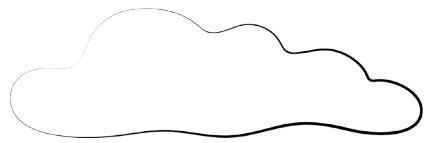


# Quiet Hour



## Feel Inner Peace Outside

Enjoy a break from noise and busyness. Experience a peaceful, 4-step process to help you de-stress and relax in nature. This seated program is for all abilities, ages 12 and up.