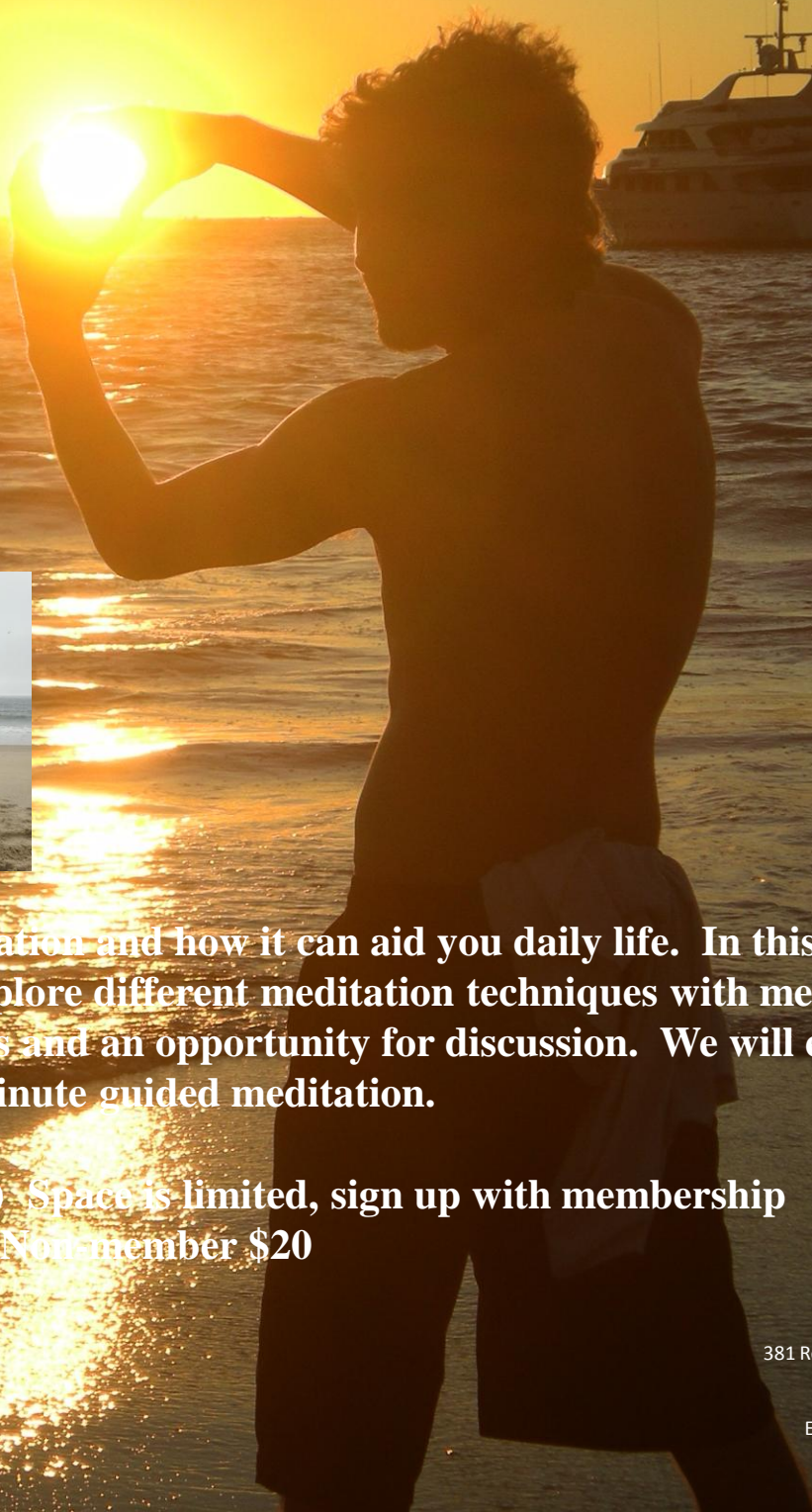


Meditation Workshop & Practice

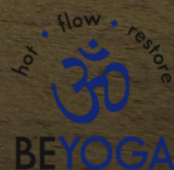
With Kyle Dondero Sat. 9/13 11am



Learn about Meditation and how it can aid you daily life. In this 90 minute session, you will explore different meditation techniques with meditation practice in intervals and an opportunity for discussion. We will end the session with a 10 minute guided meditation.

9/13 11am (90 min) Space is limited, sign up with membership

Cost: BeYoga \$15 Non-member \$20



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