



Deep Transformational Energy Movement and Rest

Are you ready to shed some psychic detritus and move forward with clarity and grace. We are!

Join us in this shared 75 minute mental hygiene-energy practice. We will use a variety of breathing, concentration and meditation techniques in combination with transitional and stationary poses to enjoy a deep place of rest and rejuvenation. Hands on Reiki and yoga positions will be an integral part of the process.

Thursdays 4:30PM-5:45PM

July 11, 18 and 25th

Three - 75 minute sessions - \$150 total cost

Limited to 7 participants – Pre-register

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