COST $20
PER CLASS



45 Minute classes

DECEMBER 7

6:15 PM
WHEELER (MEETING ROOM UPSTAIRS)
(RIGHT AFTER YOGA)

DECEMBER 14

11:15 AM
LCHS (P100 CLASSROOM IN POOL LOBBY)
(RIGHT AFTER WATER FITNESS)

MEDITATION

2 Classes

RECONNECT WITH YOURSELF, ONE BREATH AT A TIME.
BUILD YOUR INNER-WORLD-STRENGTH AND REWIRE YOUR NEUROLOGICAL PATTERNS (THOUGHTS AND BEHAVIORS) THAT WILL SET YOUR INTERNAL COMPASS TOWARD RESTORING EASE, FLOW AND BEING IN THE MOMENT.
GROUND YOUR PHYSICAL BODY ENERGY TO AVOID FEELING OVERWHELMED, STRESSED, SECOND GUESSING OR DOUBT.

- REMOVE STRESS & LEARN TO BREATHE
- MINDFULLNESS TRAINING
- GUIDED MEDITATION

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