

KARMA BARRE & ANCHORED IN PEACE

WELCOME WINTER SOLSTICE WITH

# *The Gift of Breath:*

## *Embracing Full Moon Stillness*



# *December 15, 2024 at 3pm*

KARMA BARRE | 2405 NJ-71 B, Spring Lake

PRE-REGISTER NOW TO SECURE YOUR SPOT: [KARMABARRE.COM/SCHEDULE](https://KARMABARRE.COM/SCHEDULE)



BREATHWORK BY:  
DANIELLE CONFORTI



YOGA GUIDED BY:  
MARGO TEICHER

MEMBERS: \$20 | NON-MEMBERS: \$35

**WHAT IS MEDITATIVE BREATHWORK?** A GUIDED JOURNEY, USING SPECIFIC BREATHING TECHNIQUES. BY FOCUSING ON THE BREATH, IT HELPS REDUCE STRESS, ENHANCE MINDFULNESS AND PROMOTE EMOTIONAL BALANCE AND CREATES A DEEPER CONNECTION BETWEEN THE MIND AND BODY. LET'S FLOW INTO GRATITUDE