

Grateful Hearts, Peaceful Minds: A Yoga & Breathwork Journey into Gratitude

Yoga guided by : Margo Teicher

Meditative Breathwork Guided by : Danielle Conforti

All levels welcome.

Exchange: \$20 for members
\$35 for non-members



Sunday
November
3rd
4-5:30

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
together!