

MEDITATION



FREE Instruction
Every Thursday Night 8-9pm
w/Shannon Elliott
& Julia Kadarusman
(alternating weeks)

Open to all in the
community. No prior
meditation experience
necessary.

Join us as we discuss and practice meditations together
in line with the studio's monthly themes. Some
relaxation often included.

No fee required. Donations to support
'Three Year Retreat For Peace' are welcome.



ONYX MIND BODY

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