

Restore & Renew

With the healing sounds of Tibetan Singing Bowls



Join Neil Haggard

for a special New Year Asana and Meditation to prepare for the year to come!

A gentle asana and inspiring meditation practice to relax the body and calm the mind. Meditate, and breathe in wellness while embracing the healing benefits and soothing sounds of Tibetan Singing Bowls.

Friday, December 29, 2017

7:00 - 9:00 pm

Cost: \$40 (members \$35)

