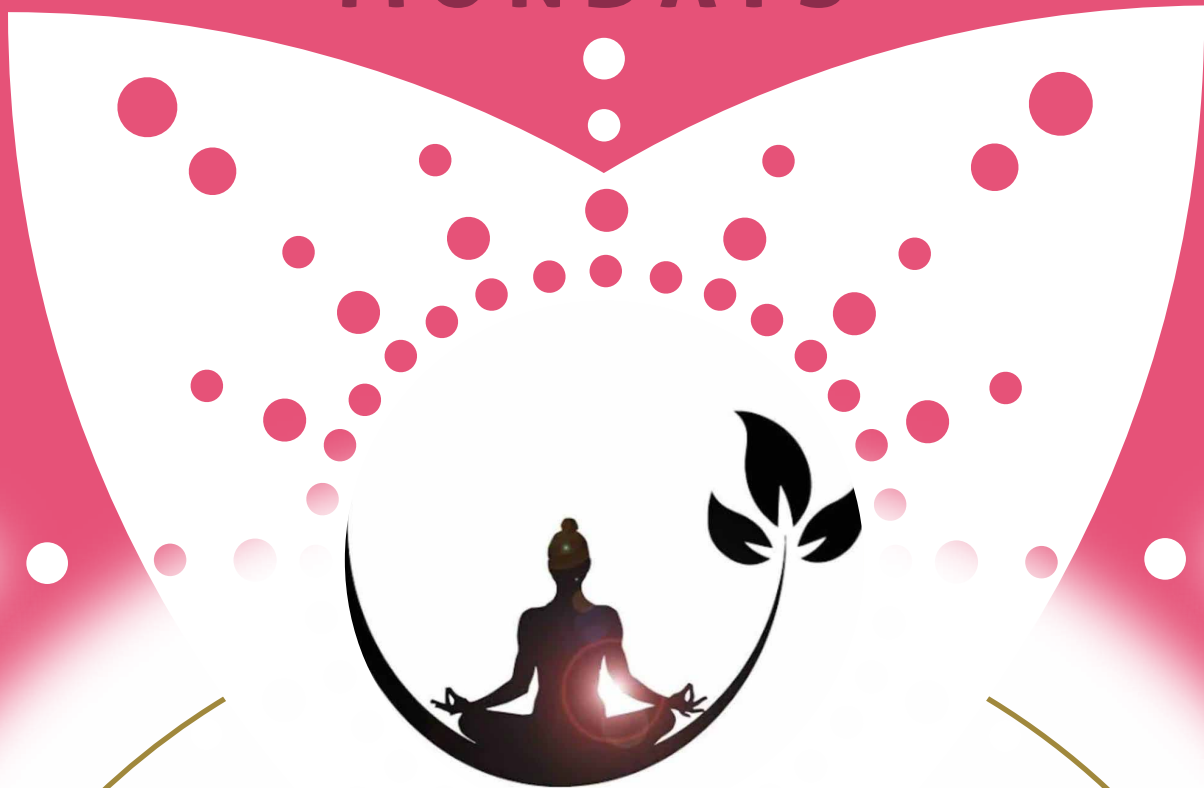


MEDITATION MONDAYS



Community Meditation / Wellness Sessions

MONDAYS | \$25 per session

7:30 - 8:30 pm Please arrive by 7:15pm

@ Análaigh Hair Beauty Wellness | 46-04 Skillman Ave., Sunnyside, NY.

Bring your own mat and light blanket.



**BIODYNAMIC
MOVEMENT**
/dance to awake.

ANÁLAIGH



Please inquire within for more info or go to
BiodynamicMovement.com