

MEDITATION MONDAYS



Community Meditation / Wellness Sessions

DEC 4, 11 & 18 | \$25
7:30 - 8:30 pm Please arrive by 7:15pm

KEEP CHILL INSIDE AND OUT THROUGHOUT THE HOLIDAY SEASON
@ Análaigh Hair Beauty Wellness | 46-04 Skillman Ave., Sunnyside, NY.

Bring your own matt and light blanket.



**BIODYNAMIC
MOVEMENT**
/move your life.

ANÁLAIGH
THE HAIR

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