

Introduction to Meditation

Every Sunday at 10:30 -11:30am
Starting Feb. 21

Join *Kristen White* of the Energy School and *Suzanne Ford* of the Pilates and Yoga Center of St. Louis for an hour of stress-reduction techniques, a brief uplifting reading, mindfulness exercises, and keys to setting your intention to enter the present moment. Discover how to create, develop and strengthen your own personal meditation practice!

No experience necessary.

No charge, love offerings accepted.



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