



MEDITATION
THE BASICS OF INNER LISTENING
WITH TRICIA

10:15–10:30 A.M.

EVERY SUNDAY MORNING
FOLLOWING SCHEDULED REFRESH YOGA CLASS



LEARN TO CULTIVATE A MEDITATION PRACTICE FOR YOURSELF.
AS YOU ACHIEVE A GREATER PRESENCE WITHIN, YOUR NEWFOUND
COMPASSION WILL BE FELT BY THE PEOPLE AROUND YOU AS WELL.

JOIN US FOR ANY COMBINATION OF THE FOLLOWING:
9 AM REFRESH CLASS (REGULAR PRICING APPLIES)
10 AM GUIDED RELAXATION (FREE)
10:15 AM SEATED MEDITATION (FREE)

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