

# Sun Moon 2nd Saturdays Morning Meditation

8:30-9 am. Free & open to all.

*Explore a variety of techniques to quiet the mind & body.*

*Access natural clarity, calm and joy.*

*For beginners & long-timers alike. Enjoy the support of meditation in a spiritual environment.*

## Inhale!

2nd Saturdays 9-10:30am

\$15 or class card

Unleash your natural energy, create space and infuse yourself with vitality, clarity, presence and grace in this breath-based pranayama practice.



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[sun-moon-yoga.com](http://sun-moon-yoga.com)