



PRANAYAMA & MEDITATION WITH BOB CARLSON

Learn to deepen your spiritual practice with yogic breathing (pranayama) and journey inward through meditation. Whereas the mind and the ego can create chaos, anxiety and struggle, pranayama and meditation are direct pathways to peace, and they are available to each and every one of us. These monthly gatherings are donation-based and open to everyone.

Experience is not required!

Saturdays in the Moon Room

April 27, May 4, June 1, June 22, July 20 & August 24

1:00 - 2:30pm

\$10 suggested donation

