

Intentional Mornings

Start your morning with healthy intentions!

Meditation and Stretching

On Wednesdays, start your morning with us in peaceful meditation, followed by gentle stretching exercises to awaken your body and mind to the exhilarating sense of intentional movement.

Meditation Group: Wednesdays, 9 A.M.

Gentle Stretch Class: Wednesdays, 9:30 A.M.

No need to register, but space is limited. Masks must be worn and social distancing required.

To learn more, call 540-536-4981