



Guided Meditation and Yoga

8 one hour Workshops

FREE ☀️ NO EXPERIENCE NECESSARY

Benefits of Meditation;

- Improved Energy
- Positive Attitude
- Better Sleep
- Mental Clarity
- Feelings of Wellbeing
- Improved Health
- Better Brain Power

Tuesday's at 11:00 am-12:00pm
Starting February 21st ☀️

☀️ Thursdays at 5:00pm-6:00pm
Starting February 23rd

Firehouse Community Center
810 Grand Avenue
Sacramento, CA 95838

For more information, contact Dennis Saicocie at (916) 567-9567

