



# MALA MAKING & MEDITATION WORKSHOP

**Date:** Thursday February 8<sup>th</sup>

**Time:** 6:00 p.m. to 8:00 p.m.

**Location:** Charym Yoga , 174 West Street, Litchfield

Join us for a two-hour workshop where you will not only create a beautiful mala bracelet for yourself, but learn how to use it as a meditation tool. Cost of the workshop includes supplies, semi-precious gemstones, smudging supplies, a guided group meditation and a crystal. Fantastic opportunity to spend quality time with close friends or family members!

**Cost of Workshop:** \$35.00 per participant

## Mala Making and Meditation Workshop

Create a beautiful  
mala and infuse it  
with an intention  
for the New Year

Learn how to  
meditate with  
your mala

Purify, reset, and  
vibe for the new  
year

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