

Group Meditation & Shamanic Healing

This 90 minute meditation will take you on a journey inside the soul. The meditation and healing consists of shamanic trance drumming while having guidance allowing the chakras and multi dimensions of the subtle body open up for the souls transformation at the soul level.

No prior experience needed, just an open mind and heart.

Facilitated by Kristi Lopez

Cost each class: \$35
(students in the 8th chakra/dimensional class: \$15)

Dates

Tuesday's 7pm-8:30pm

Sep 4th, 18th

Oct 16th, 23rd

Nov 6th

Dec 4th, 11th

Awakened Yoga Studio

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