

GUIDED MEDITATION

4 WEEK SERIES WITH SARAH CAPUA

October 4 - October 25
Thursday's, 7:10-7:45PM

Join us for open meditation. Perfect for new and seasoned practitioners, this class will be an opportunity for both guidance and silence, questions and celebrations, and will build a foundation and community to help us find steadiness and presence in our lives.

\$40 4-week bundle

\$15 Drop-Ins Welcome

Free for Elevate Members

Classes can be applied to value for package holders!



Elevate
Yoga & Barre Studio