



Elevate
Yoga & Barre Studio

GUIDED MEDITATION

6 WEEK SERIES
WITH SARAH CAPUA

March 15 - April 19
Thursday's, 7:10-7:45PM

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

\$20 - Drop-Ins Welcome

Free for Elevate Members

Classes can be applied to value for package holders!

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