journey

Sleep Workshops with Journey



Your Journey instructor will lead a rejuvenating and interactive 60 minute session.
Classes feature meditation, journaling, mindfulness and more to help all humans live happier, healthier, less stressed lives.

Accessible via Zoom on phone or any internet connected device.

Wednesday April 20th 2022

"Finding Peace of Mind"

6:30pm-7:30pm EST

CLICK HERE to register!

Wednesday July 20th 2022

"Unwinding for Better Rest"

6:30pm-7:30pm EST

CLICK HERE to register!

Wednesday November 16th 2022

"Shifting Your Mental State Day and Night"

6:30pm-7:30pm EST

CLICK HERE to register!

POWERED BY Castle Connolly PRIVATE HEALTH PARTNERS, LLC

SENS Solution