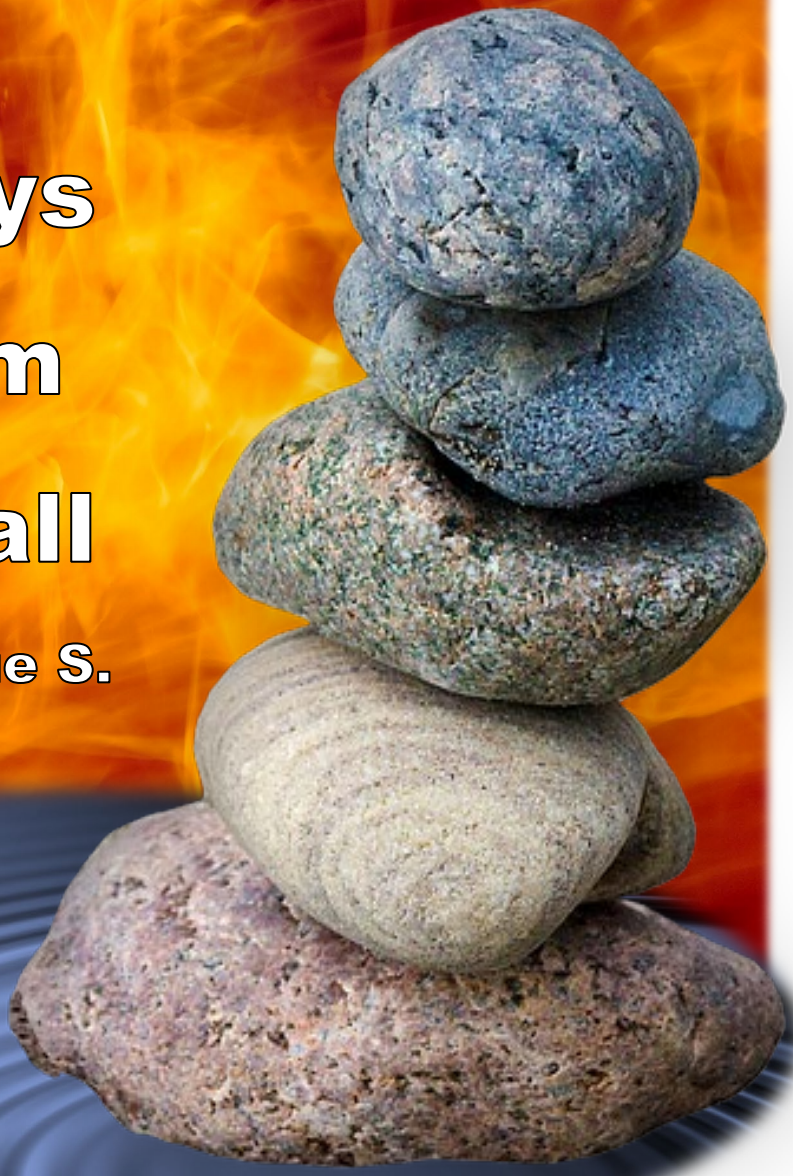
Sound Meditation

With guidance from the instructor, Sound Meditation improves sleep, sharpens focus, and reduces stress among a myriad of benefits.

Please join us and improve your life experience.



Thursdays

11:00 am

Scout Hall

5315 28th Avenue S.