



Sound Healing Candle Light Meditation yoga with Kimsokun Ket

Our yoga class involves gentle flow with breathing techniques. We practice with soothing soft music and candle light with meditative while we let go of stress and soothe our spirit. We offer for all levels and for those of you who loves new adventures and love music. You will leave our class with relaxation and happy mood.

Yoga benefits:

- Self-discovery
- Release Stress
- Injury prevention
- Improve flexibility, balance, circulation, muscle recovery
- Increase lung capacity, core strength
- Fun, peace and much more

Christ Church United: 1 Barlette st. Lowell, MA 01852

On Second floor near the stairs

Tuesday from 6:00PM to 7:15PM

To register or get more information

Kimsokun.ket@gmail.com

Come to discover yourself!

