



FREE

Mindful & Breathing Mornings

Start your morning by paying attention to your breathing!

In these 30 minute sessions you will practice different breathwork techniques to help you reduce stress, sleep better, and reap many other benefits.

TUESDAYS (4 sessions)
MAY 25 - JUNE 15, 2021
9:00 - 9:30AM MDT

REGISTER NOW

For information email Shula Banchik
or call 403-537-8596

