

Windhorse Yoga Studio

MEDITATION



EVERY SUNDAY FROM 12:15 TO 12:45

~Schedule~

2/05 - Michelle: Shamatha-Vipashyana - "development of peace"

2/12 - Beverly: Pranayama, Mudra & Mantra

2/19 - Michelle: Resting in the Divine Heart

2/26 - Susan: Native American Fluting & Calming Heart Breath

MEDITATION IS VERY SIMPLE AND EXTREMELY
DOWN TO EARTH!



208 West 9th (behind Stein Mart) Tyler, TX