

Sunday Night Meditation

Sundays in October 8-8:45 pm

Meditation is the ultimate reward of yoga practice. It leads to presence, clarity and peace. This practice is designed to explore a variety of techniques to quiet the mind & body. Access natural clarity, calm and joy. For beginners & long-timers alike, enjoy the support of group meditation in a spiritual setting.

Sliding scale suggested donation: \$10-\$15 cash.
Thank You for Supporting Sun Moon!



404 W. Huron Ann Arbor 48103 734-369-2054
sun-moon-yoga.com

