

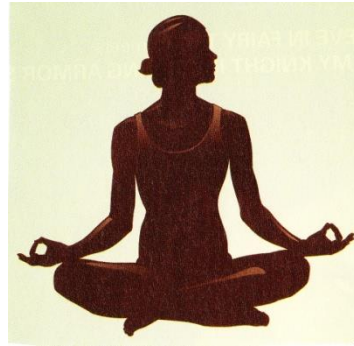
Eastpointe Health & Fitness is
pleased to present

Full Moon Meditation

Every month!

Come join
Barbara Bowie Aschettino
to explore your inner world,
reduce stress and
relax your mind, body & spirit
through meditation.

2018 Dates



Monthly Group Meditation

From 7:00-8:30pm

- Feb 27th
- March 27th
- April 24th
- May 29th
- June 26th
- July 31st
- Aug 28th
- Sept 25rd
- Oct 23rd
- Nov 20th
- Dec 18th

Class Schedule:

7:00 to 8:30

*Gentle Hatha & Breathing
practices*

8:00 to 8:15

Guided Relaxation

8:15 to 8:30

Guided Progressive Meditation

8:30 to 8:45

Silent Meditation (optional)

Free to all Gym Members. \$8 drop-in fee for non-members.