

Eastpointe Health & Fitness is
pleased to present

Full Moon Meditation

Every month!

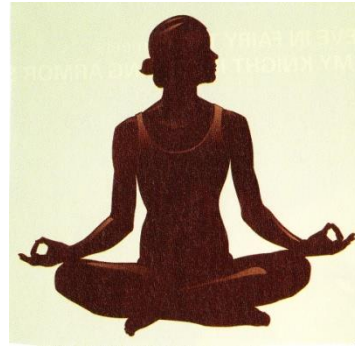
Come join
Barbara Bowie Aschettino
to explore your inner world,
reduce stress and
relax your mind, body & spirit
through meditation.

2019 Dates

Monthly Group Meditation

From 7:05-8:30pm

- Jan 22
- Feb 19
- Mar 19
- Apr 16
- May 21
- June 18
- July 16
- Aug 13
- Sept 10
- Oct 15
- Nov 12
- Dec 10



Class Schedule:

7:05 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.