

Eastpointe Health and Fitness proudly presents...



FULL MOON MEDITATION



Come join Allison LaRoche to explore your inner world, reduce stress, and relax your mind, body & spirit through meditation.

2020 Dates

Monthly Group Meditation

From 7:00pm-8:30pm

- **Jan 7**
- **Feb 11**
- **Mar 10**
- **Apr 7**
- **May 5**
- **June 2**
- **July 7**
- **Aug 4**
- **Sept 1**
- **Oct 27**
- **Nov 24**
- **Dec 29**

Class Schedule:

7:00 to 8:00

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 Member Guests and \$12 for Non-members.*