

MEDITATION

Offered the 1st Thursday of the Month

Beginners and Experienced Meditators

Time: 7:00 PM - 8:00 PM

Place: The Yoga School of Milford
851 Barberry Drive
(studio entrance in back)
248-685-3489

Cost: \$ 10 / session

Offered by: HealthWyze

*HealthWyze provides education
in health therapy options to the
community through seminars,
newsletters, workshops and
meditations.*

Meena Puri
The Yoga School of Milford

Gretchen Snell
Natural Path Consulting

Terry Purcell
CranioSacral Therapy