

MEDITATION FOR YOUR HEALTH AT KALMBACH



Be part of our meditation series with Kathy Lockett, our certified instructor, at Kalmbach Park for an Intro to Meditation Class on Monday, February 20 at 7:00pm. Bring a mat or blanket. We will meet in the barn community room

and have cushioned chairs for all participants if needed.

Kathy's has been on a wellness journey for 20 years. Kathy is a Chopra Meditation Teacher and Coach. Her vision is to make a difference in people's lives. To help them discover everything they need already exists within them and to help them live a full and joyful life. Join us for a group meditation in the Kalmbach barn.

Sign up on link below:

<https://forms.gle/5a77EugVhZnYz8tZ7>