

MEDITATION FOR YOUR HEALTH AT KALMBACH



Be part of our meditation series with Kathy Lockett, our certified instructor, at Kalmbach Park. Join us in a Meditation & Sound Class on Monday, June 16th at 7:00pm. Bring a mat or blanket. We will meet along the stream or in

the barn community room if the weather is bad.

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/g6STyPThja8FG3Ec6>