

## 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 Bath Class on Monday, July 11<sup>th</sup> and August 14<sup>th</sup> 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/QzwiPbnQXrp6J4Qz5>