

Meditation

Alexandra Rosenblum

**6 Week "Pop-Up" Class
Sunday @ 8:00 – 8:30 in the Barre Room
Starts Oct. 14 – Nov. 18**

All Levels MEDITATION Class

Meditation is the practice of cultivating more compassion, focus and peace in our lives, allowing us to see things as they truly are. Join us Sunday mornings at 8 am in this six week pop-up series which will work with various meditation techniques, and will include both guided meditation and silence each week. Suitable for all levels - even the most beginner.

You are welcome to bring a meditation cushion if you have it, but blankets will be provided.

Sundays @ 8:00, Starts October 14

Meditation 6 week Pop-up

Alexandra found happiness teaching her two passions- Yoga and Fitness- and enjoying the balance where health, exercise, and mindfulness meet.

Alexandra is dedicated to helping students realize their limitlessness, and specializes in intermediate and advanced classes, arm balance and inversion workshops, and pranayama and meditation classes. Alexandra holds a 500 RYT Yoga Alliance Certification. She trained for over 300 hours directly under Lama

Andrey Lappa and is a certified teacher of Universal Yoga.

