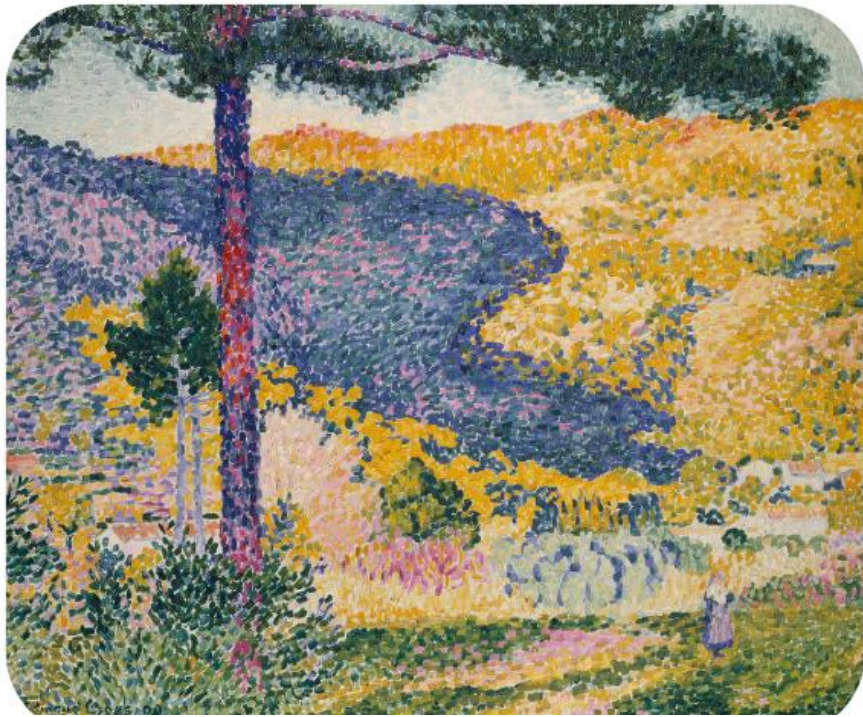




RHYTHMS OF LIFE

Led by Linda Hancock, RSME

Hosted by Heartsong Music

2700 W. Anderson Ln, Ste. 320

Saturday, October 3 at 1-3:30pm

This experiential workshop is an awareness-boosting exploration into the natural rhythms of life and how you

can harmonize with them to enhance your health and well-being. Deepen your understanding and appreciation for the cycles, patterns and principles that govern life. This workshop concludes with a gratitude ceremony.

\$49 per person

Bring note-taking materials, an exercise mat, and a blanket or pillow.

Register now!

Rhythms of Life workshop

