

APRIL

6



# KUNDALINI MEDITATION

**Wild Horse Market Studio  
2pm-4pm**

We believe everyone deserves to feel the freedom in their Body to express and be themselves in an accepting environment and apart of a loving community.

The meditation is one hour long, with four stages.

Combining Shaking and Ecstatic Dance to organically and naturally come to a place of meditative stillness and presence.

Four guided stages to bring you in touch with your body and mind. An opportunity to dive into the freedom of being yourself and your true expression.

Facilitated by Dale and Nicole Joyal

Preregister to secure a spot and save \$5 (\$25 at the door):

**[WWW.BREATHEDEEPPLYLAUGHLLOUDLY.COM](http://WWW.BREATHEDEEPPLYLAUGHLLOUDLY.COM)**