

Conscious Guided Movement

Sundays 6:30 - 8PM



Introducing a powerful guided conscious movement experience - the perfect way to release the previous week and prepare for the week ahead. Leave feeling clear, light and blissful

Kristin Panek



Will Bennett



Sundays, Starting May 19
Flowering Heart Center
285 W. Loop Road
Wheaton IL
Regularly \$20.
\$15 May 19- June 16

