

Meditation Revealed: a full day of Yoga & Meditation (next session TBA)

For more information call 705-389-1669 or email info@yogaloftwellness.com

Join us for our Meditation Series, exploring different meditation styles and techniques: breath meditation (anapana), insight meditation (vipassana), sound meditation (mantra, Tibetan singing bowl, sounding), and visualization.

With simple exercises we can experience the benefits of varying approaches to meditation, taking the theory and making it practice.

If you would like to receive more information or would like to join our monthly meditation group, please [Click Here](#) . Note: meditation group is not always running. To be included in the next series of sessions please contact us.