

Wednesday Night Specials!

Ninja Meditation And Mind Science

Relieve stress, improve focus and concentration, take control of your mind.

Medical science is now confirming that meditation can have a positive effect on your health. Learn to let go of the daily stress we all face and discover the power of your mind to create happiness.

The price is \$25 per class or \$200 for a block of ten good for any Wednesday night special class.

Sign up now!

Wednesday Night Special Classes

Time: 8:15—9:15

Starting in June

One Wednesday a month

Check the Event Page for class day

Ages 13 and up

