

Health and Spirit: Your Best Life in 2012



Meditation as Movement, Movement as Meditation

Facilitator: Kathleen Bell, MA, RYT

Come prepared to do gentle movements and wear comfortable clothing

Monday, February 27, 2012 7:30pm

The Edwards Room
Lake Merritt United Methodist Church
1255 First Ave/1330 Lakeshore Ave
Oakland, CA, 94606

Me