

Caribbean Wellness Rx



The class will start with a Mindful Movement Meditation Yoga, guided by Michael, to build endurance and mindfulness through gentle stretches. Afterward, Maria del Carmen will lead a sound healing session using various instruments, leaving you feeling relaxed, rejuvenated, and reconnected. Open to all ages.

DATES: MAY 31 & JUNE 28

TIME: 6PM - 7PM

LP WILSON COMMUNITY CENTER
599 MATIANUCK AVE, WINDSOR CT

\$5 PER CLASS

