

Mindfulness Meditation is available in Private & Semi-private classes.

Private Classes

- Available live in our studio or live on Zoom
- Customizable to your needs & goals
- Learn multiple techniques to help with runaway thoughts
- 1 Person per class
- Call for pricing



Semi-private Classes

- Available live in our studio or live on Zoom
- Customizable to your needs & goals
- Learn multiple techniques to help with runaway thoughts
- You can bring up to 4 people with you for the same price