

SOULFUL HORSE, YOGA, MEDITATION & GONG

Join Linda Bruce & Katie O'Shaughnessy at Soulful Prairies for their beginner yoga class with meditation and gong. The farm is a safe place to come and try out yoga whether you're an experienced yogi or it's your first time. No experience needed.

All classes will take place in the arena or an outdoor pasture with three to five horses. You'll be inside a fenced pen to keep the horses at a safe distance yet close enough for you to enjoy their peaceful energy.

Horses move through the world with a beautiful balanced vibration. Spending time in their presence opens us to the space of experiencing the impact energy has on our well being.



Linda



Katie

DATES: We will be gathering the first Monday of every month - May through October, 2019.

TIME: 6:45 - 8:30 pm

LOCATION: 4706 Alden Rd, Woodstock IL

INVESTMENT IN YOURSELF
\$35 per class

DETAILS/REGISTRATION

Soulful  Prairies
SoulfulPrairies.com

