

Mountain
Stream
Meditation



Mindful Movement with Tracy Lease

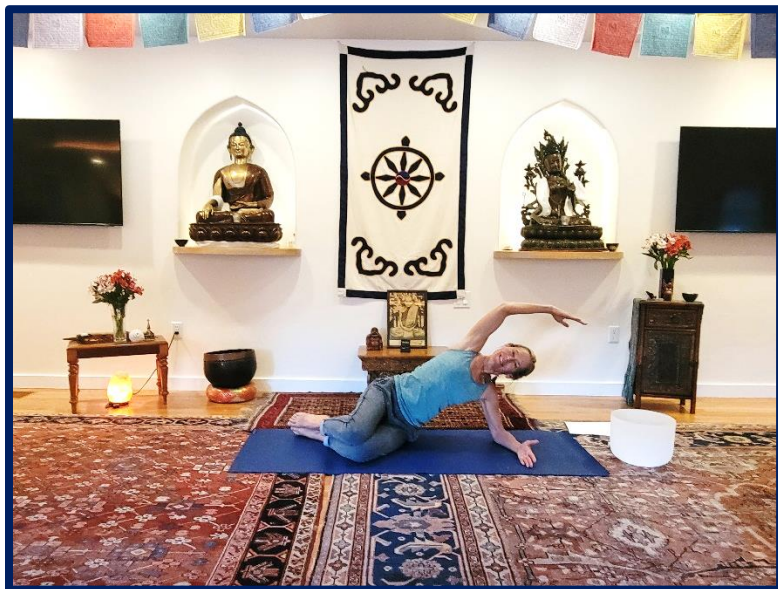
Flow Towards Inner Stillness

Thursday, September 14

(2nd Thursday of this month ONLY!)

6:00 - 7:30 PM

Mountain Stream Meditation
Nevada City Insight Center
710 Zion St, Nevada City, CA 95959



Join Tracy for an easeful flow which gently circles joints open, invites a spaciousness into muscle tissue and mind, and gently rocks the nervous and endocrine systems towards a more relaxed state. Drawing from Vipassana, Qigong and Yoga Therapy, Tracy will guide participants towards a deep and loving present-moment stillness. All levels welcome ~

A suggested donation of \$15 - \$20 No one turned away for lack of funds.

More info: <https://fulllifeyogastudio.com/>
(907) 687-2168 tracy@fulllifeyogastudio.com



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