

Thursday, September 5, 2019 - Thursday, September 10, 2020

## Healing Hour of Yoga, Meditation, Reiki w/ Rodriguez

Company: RIOULT Dance Center  
Location: Queens, NY

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This self care class is called Healing Hour.

The Healing Hour consists of a short guided meditation, live sound therapy with different instruments (singing bowls, rain sticks, hand drums, small gong) and concludes with each person receiving a short session of reiki energy.

RIOULT Dance Center  
34 Steinway St  
Queens, NY, 11101  
(212)398-5901  
<https://www.rioult.org/>

Schedule  
September 5, 2019: 7:30pm  
September 12, 2019: 7:30pm  
September 19, 2019: 7:30pm  
September 26, 2019: 7:30pm  
October 3, 2019: 7:30pm  
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