

Saturday, May 14, 2022

Posture for Meditation Workshop - Online & In Person

Company: Balance Arts Center
Venue: Balance Arts Center
Location: New York, NY

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Posture for Meditation



Find a meditation posture that helps you allow the energetic flow to move throughout your body. By utilizing the gravitational force, your breathing, and mindful awareness you can refine your connection to the whole. Posture is important to meditation as your body is the vehicle for your spiritual journey. We will explore ideas for posture during meditation and practice this with several short meditations. There will be time for questions and discussion throughout the workshop.

This workshop is led by Ann Rodiger and takes place both in person at the BAC and virtually on Zoom.

Workshop Fee: \$45

Registration is required at: balanceartscenter.com/class

Balance Arts Center
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6468125390
<http://balanceartscenter.com/class>

Schedule
May 14, 2022: 3:00pm

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