

## FOR AUDIENCES

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March 7 - December 26, 2019

### Relaxation and Meditation with Kristin Degroat

Company: Studio 55C  
Venue: Studio 55C  
Location: New York, NY

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Kristin DeGroat is a conscious movement and meditation teacher, a Reiki Master and Bach Flower Remedy practitioner. She discovered this work as the result of a near death accident that left her severely injured, and now guides her students on the path of self realization and transformation. In addition to teaching Pilates, Vinyasa Yoga, The Nia Technique and Moving for Life, Kristin offers healing sessions in Bach Flower Remedies and Reiki. Based on her studies of Tibetan Buddhism and Reiki, she developed Relaxation+Meditation classes that she teaches throughout NYC

Thursdays 6-7pm

\$20 Suggested Donation  
Call 212-222-1351 to RSVP

Studio 55C  
55 Avenue C, South Storefront  
New York, NY 10009

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2122221351

Schedule  
March 7, 2019: 6:00pm  
March 14, 2019: 6:00pm  
March 21, 2019: 6:00pm  
March 28, 2019: 6:00pm  
April 4, 2019: 6:00pm  
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