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

Healing Hour of Yoga, Meditation, Reiki w/ Rodriquez

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 mediation, 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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