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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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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