April 11 - June 27, 2019

# Self Care Class of Yoga, Meditation & Reiki (Healing Hour)

Company: RIOULT Dance Center
Venue: 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
34-01 Steinway Street (Entrance on 34th Ave)
Queens, NY, 11101
2123985903
https://www.rioult.org/adultclasses

Schedule
April 11, 2019: 7:30pm
April 18, 2019: 7:30pm
April 25, 2019: 7:30pm
May 2, 2019: 7:30pm
May 9, 2019: 7:30pm
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