

## FOR AUDIENCES

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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 meditation, 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  
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)