

Windhorse Yoga Studio

METTA MEDITATION



Sunday 6/03 - from 11:45 A.M TO 12:15 P.M.

Metta or Loving-Kindness

is a state that can be developed through practices that helps us cultivate the unconditional, expansive qualities of the heart.



Restorative & Yoga Nidra

Yoga Nidra promotes a deep rest and relaxation of the body & mind using breath awareness and body scan to calm the nervous system.

Sunday 6/11- from 5:15 p.m. to 6:45 p.m.

