

Windhorse Yoga Studio

Meditation



Sunday - from 12:00 to 12:45 p.m.

Schedule / January 2018

1/07 - Pat: Introduction to Meditation

1/14 - Pat: Windhorse Meditation Sangha

1/21 - Pat: Windhorse Meditation Sangha

1/28 - No Meditation Class today

**” Love and compassion are necessities, not luxuries.
Without them humanity cannot survive.”**

Dalai Lama

