

LIVE STREAMING

MEDITATION CLASS

INSTRUCTOR: SARAH CLARK

FROM HOME OR OFFICE

3:30 PM TO 4:30 PM

JULY 5

AUGUST 2

SEPTEMBER 6

OCTOBER 4

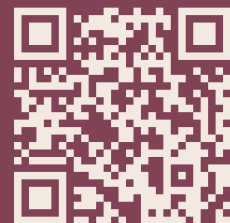
NOVEMBER 1

DECEMBER 6

DESIGNED FOR NEW &
SEASONED PRACTITIONERS



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JOIN US!

Zoom Link: <https://bit.ly/AFTmeditation23>

Passcode: meditate