

Sunrise Yoga Meditation

Join Yoga Meditation Coach, Avril James-Hurt every Saturday, starting September 13, at 7:00 am for simple mantras, gentle asana, pranayama, and a 30 minute guided meditation in the Unity North Atlanta Peace Chapel

7:00-7:30 am Mantra, Asana, and Pranayama

7:30-8:00 am Guided Yoga Meditation

All levels of Experience Welcome

Love Offering proceeds donated to Unity North Atlanta

Unity North Atlanta

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