



**FREE TO
ALL SRC
MEMBERS**



FOURNEY CIRCLES

w/DINA

Journey Circles are similar to what one might experience during a mediation class - a meditative state for the mind, body, spirit, and soul connection. In a journey circle, the Shamanic Instructor (with the use of drums) will guide participants through a series of journeys, each with a set goal or intention. Each participant is highly encouraged to bring their journal to log their journey experiences.

BEGINNING FEBRUARY 18TH, 2019

MONDAYS: 2:00-3:00PM, FITNESS STUDIO 1

FRIDAYS: 10:00-11:00AM, FITNESS STUDIO 2

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