

All Are Welcome

No prior experience needed – just a willingness to show up as you are. This class offers accessible, trauma-informed movement paired with meditation to help reconnect mind, body, and spirit. Movements are gentle and adaptable.

Mondays 7:00pm

Sacred Space Foundation 1827 Powers Ferry Rd Building 18, Suite 302 Atlanta, GA 30339

Call/text with questions: 706-982-2758 sacredspacefoundation.com