

TO REGISTER

Sydney Pentland

732.213.2814

spentland@vitalbreathworkllc.com

www.vitalbreathworkllc.com



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BREATHWORK MEDITATION

@ LWCA PARK

New dates added!
August 7 & 21

~~JULY 17, 2024~~

JULY 31, 2024

5:30PM-6PM

Join us at the LWCA park for a relaxing breathwork meditation!

Good for adults & children (ages 10+)

WHAT TO BRING



Water
Bottle



Towel



Friends

TO LEARN MORE ABOUT BREATHWORK MEDITATION:

