



IN PERSON & VIRTUAL

# SELF CARE SUNDAY

Sound Bath Meditation

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## In Person

Mira Mesa Studio  
September 7th  
11:00am - 12:15pm  
Self Care Investment: \$30

BOOK  
NOW

## Virtual

Via Zoom  
September 7th  
2:30pm - 3:30pm  
Pacific Standard Time  
Self Care Investment: \$10

