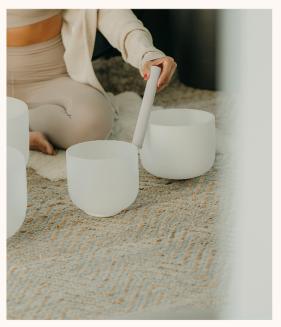




& SINGING BOWLS

AAAAA







UPCOMING FALL WORKSHOPS



SUNDAY, SEPT 7TH



SUNDAY, OCT 12TH



SUNDAY, OCT 26TH



SUNDAY, NOV 9TH



SUNDAY, NOV 30TH



SUNDAY, DEC 14TH

4:00 - 5:30 PM \$35/PERSON

Join Lisa and Donna as they create a space of restoration, re-alignment, and relaxation. Each workshop will include meditation, sound bath, and reiki.

Register at the studio, capecoralyoga.com, or on our app.