

A SPECIAL *Mystic Moon Circle* **COMMUNITY ALTAR** *& Grief Ritual*



~SOMATIC PRACTICES~

~GUIDED
MEDITATION~

~BREATH WORK~

~COMMUNITY ALTAR~

~SOUND BATH~

guided by

**MANDY
MCGAUGH**

of Heart to Hand
Holistic Healing



sattva yoga center, escondido, ca.

OCT

24th

2025

6-8pm

**Pre-register
for early bird
rate of \$25 at
sattvayogacenter.com
or \$30 day of.**

Bring photos, flowers, & items
for our community altar.
(All items will be returned to you.)

