



MEDITATION IN MOTION

Tuesdays 9-10am In Person

Ashley Murphy, LMFT, Yoga Therapy Teacher-In-Training
Owner of Full Bloom Wellness, LLC
40 Court Street, Mathews, VA 23109

Come relax and practice self-love with a gentle blend of Yoga Therapy, Meditation, Biofield Medicine, Brainspotting and EMDR Resourcing Techniques. \$25/group (space limited and pre-registration required)

If interested, you must first have a brief screening appointment with Ashley Murphy at 757-903-6978 or admin@ashleymurphy.net