

Time for a Change Meditation Retreat Returns

Saturday, April 8, 2017 9:00 a.m. - 12:00 p.m.

Join Reiki Master and Sound Healer Kristen Tenpenny as she shows us how meditation can be fun and easy! Yet still change your life. With simple techniques you can bring more peace and harmony into your daily life. Most of all finding the silence and answers from within.

Relax & repeat