



# Wellness Workshops



Learn ways to help your body release tension and stress, balance energy in the body, and promote a sense of well-being. Build healthy habits across different dimensions of well-being, including emotional, physical, and social and intellectual health. Instructed by The Mindry.

## POWER AND STRENGTH

Ages 16+ | Saturday, January 24

Malibu Bluffs Park, Michael Landon Center

9 - 10:30 AM | Complimentary, RSVP Required



## REIKI SOUNDBATH

Ages 16+ | Thursday, February 19

Malibu Bluffs Park, Michael Landon Center

4:30 - 6 PM | Complimentary, RSVP Required

## MANIFESTATION MEDITATION

Ages 16+ | Thursday, March 19

Malibu Bluffs Park, Michael Landon Center

4:30 - 6 PM | Complimentary, RSVP Required

