

WELLNESS WORKSHOPS



Ages 16+ • Complimentary
Malibu Bluffs Park, Michael Landon Center

- ◆ Thursday, April 16 • Power and Strength • 5 - 6:30 PM
- ◆ Thursday, May 7 • Soundbath with Reiki Energy Healing • 5 - 6:30 PM
- ◆ Thursday, May 21 • Manifestation Meditation • 5 - 6:30 PM

Learn ways to help 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, social, and intellectual health. Instructed by The Mindry.



310.317.1364 | MalibuCity.org/Register

