

EVENT CALENDAR

Denton
(940) 387-1100

110 West University Dr
Denton, TX76201

MAY

18

Sat
2:00pm
to
4:00pm

Meditation for Beginners

by Sushma Raavi

Participants will be learning a 12-15 minutes meditation called Isha Kriya Meditation, which can be practiced anywhere and anytime of the day regularly. Benefits of this meditation include enhanced clarity, improved health, heightened focus, increased energy and greater sense of peace and joy. Anyone 18+ yrs can attend this session.

MAY

19

Sun
3:00pm
to
4:00pm

Digestive Health 101

by Emily Hosch Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.





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