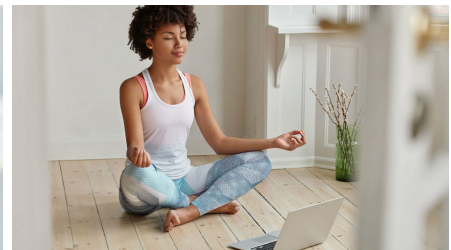




Private Meditation Workshop - Improve Your Sleep with Movement + Mindfulness + 3 Month Membership



LOVE +
ASANA
VIRTUAL WELLNESS STUDIO

Starting Bid **\$60.00**

Retail Value \$280.00

1 Available

Donated by Love + Asana

In this private virtual workshop, we'll discuss your personal sleep goals and ways to uplevel your sleep routine with simple yoga techniques. Leave with tools to try that same evening, plus 3-months of access to Love + Asana ON-Demand classes to help you unw each night! Includes a 45-minute live, guided workshop on Zoom for one person (household members welcome to attend). Led by Tiffany Lord, Founder of Love + Asana, E-RYT and stress management specialist.