

New 4-Week Series

Transformation through Yoga & Meditation

A 4-Week Series

Starts Tues May 9

@ Montana Om Studio
Cost is \$40

Everyone welcome.
No experience required.

with
Anais Starr



Montana Om is located at
51045 Hwy 93, Polson

Class times are 6:30-7:45pm

Dates are TUESDAYS through May

For more information

Visit my website: <http://tinyurl.com/kmatewx>



Transformations Through Yoga & Meditation will take you through the process of learning and practicing these tools. We'll explore personal relationship to Awareness through heart-based meditations, strength-supporting kriyas, and mantras that help elevate our consciousness.

Blankets and mats are available.

**Practicing Meditation with others is powerful.
The personal benefits of Meditation are many.**

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