CITY OF MALIBU, COMMUNITY SERVICES DEPARTMENT

WELLNESS WORKSHOPS



Ages 18+ | Malibu Bluffs Park, Michael Landon Center | $10 Per Workshop

Soundbath with Reiki Energy Healing
Thursday, October 15 | 5:30 - 7 PM

Manifestation Meditation
Saturday, November 14 | 11:30 AM - 1 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