

MINDFULNESS FOR GRIEF AND LOSS WORKSHOP

Transform your life by using mindfulness, healing energy, and spiritual messages to overcome trauma and loss. Presented by Tamara Dalton, author of The Art of Coping. From: 02:30 PM to 06:30 PM \$55

Shine Sanctuary for the Soul

162 Coffee Pot Dr, Ste 162D
Sedona, AZ 86336
United States

Phone: (928) 963-4553