



Breath of Grace *with* *Karyn Van Name*

An immersive Breath & Meditation Class

Wednesday, January 21st January 28th

February 4th February 11th

1:30pm-2:30pm \$80 (\$25 for individual class)

To register: www.olgretreat.com 516-627-9255

This class is designed to help you reduce stress, enhance focus, and restore inner balance. In this guided session, you'll learn simple yet powerful breathing techniques and meditation practices to calm the mind, regulate emotions, and boost overall well-being.

Whether you're a beginner or experienced practitioner, this series offers a supportive space to reconnect with yourself, release tension, and cultivate peace and joy.

Our Lady of Grace Spiritual Center
29 Shelter Rock Road Manhasset, NY 11030

A sponsored institution of the Congregation of the Sisters, Servants of the Immaculate Heart of Mary