Breath of Grace

with

Karyn Van Name

A Restorative Breath & Meditation Series

Wednesday, Nov. 4th, 18th, Dec. 2nd, 2026

1 – 2 PM

$75 for series, $30 each individual session

To register visit: www.olgretreat.com or call 516-627-9255

This series is designed to help you reduce stress, enhance focus, and restore inner balance. Through this guided series, 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 Rd. Manhasset, NY 11030

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