

The Village Gatherings

Mantras, Meditation and Good Vibrations:
Wednesdays 7pm, Ezell

Tranquil Sound Meditation:
Fridays 6pm, Lake Okahumpka Rec.

Reiki and Sound Healing: (Monthly)
Second Saturday, 10am, Lake Okahumpka Rec.

Yin Yoga:
Sundays 5pm, Manatee Rec.
Mondays 5pm, St Tropez Rec.
Tuesdays 5pm, Burnsed Rec.
Wednesdays 2:30pm, Moyer Rec.

Coming Soon!

Tapping Into Sound Healing!

This relaxing and restorative experience is designed to help you unwind, reduce stress, and reconnect with your inner peace through a blend of tapping techniques and immersive sound therapy.