

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.