

Om for Love



Celebrate love and compassion by joining voices to align our hearts with the sacred mantra Om. Repeating Om continuously in rhythm with the breath is an ancient practice that calms the mind, increases awareness, and awakens the spiritual heart. No experience necessary.

Valentine's Day

Sunday, Feb 14th, 1:30 - 2:30 pm

Pacific Cultural Center

By Donation



For more information:
www.YogaWithDelana.com, 831-332-1509
www.wcs-ddm.org, 831-425-4030



Proceeds benefit Women's Crisis Support - Defensa de Mujeres, SC's only rape and domestic violence emergency service