



Mountain Mind & Movement
July Schedule

Monday 5:30 pm
Wednesday 8:00 am
Saturday 9:00 am

Sound Journey

Sunday, July 5th, 4-5:30
Benefits the Grafton and Townshend Fire Departments

For class descriptions and more information:
www.mountainmindmovement.com

Karen Knight
Integrative Therapies
802-779-2289

Renee VanKuren
Massage Therapy
518-861-6980

