

# AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
200hr Bhakti-Vinyasa Yoga Teacher Training 10/4/18-1/12/19			1		3 Qoya Dance 4:30 "4 Layers of the Heart" Sufi Meditation. w/Joe DiSabationo, 7:30pm, \$10	<b>SATURDAYS</b> Beach Yoga Danielle Guido Nash St Access #17 8:15am, \$10 all
	<b>MONDAYS</b> Beach Yoga Felice Colton Nash St Access #17 6:00 pm, \$10 all	<b>TUESDAYS</b> Beach Yoga Danielle Guido Nash St Access #17 7:00 am , \$10 all	8	9	10	11
12 <b>Healthy Hydration Demo</b> Kangen Alkaline Water 3pm FREE w/Johnny Z	13	14 1-2 pm FREE Trigger Point Therapy <b>Introduction to Hypnotherapy</b> 7:30 <b>FREE</b>	15 <b>Healthy Hydration Demo</b> Kangen Alkaline Water 7:30pm FREE w/Johnny Z	16 REIKI Sessions, 3-4 pm, 30mins, \$20 <b>Energy Field Cleanse Meditation</b> W/Sada, 7:15 pm,\$20	17 <b>Elevated Consciousness Meditation</b> w/ Mike Oglesbee 7:30pm \$10	18 <b>Qoya Dance for Women, 4-5:15</b> Yoga pass or \$15
19	20	21 <b>Energy Field Cleanse Meditation</b> W/Sada, 7:15 pm, \$20	22	23	24	25 <b>Family Yoga, 1-2 pm</b> <b>Qoya Dance for Women,</b> 4-5:15, yoga pass/\$15 <b>Late Night Yoga</b> 8:30-9:30pm \$5
26	27	28 <b>Energy Field Cleanse Meditation</b> With Sada, 7:15 pm, \$20	29	30	Sign Up Now! <b>Women's Weekend</b> 9/28 - 9/30/18 \$375 per woman	

## PRICING:

**ONE MONTH Unlimited "Try Us Out" pass, \$50**

**1-class drop-in \$15; Teachers, Seniors, Students, Military Service \$10**

**1-Month unlimited pass/\$125; 2-month unlimited pass/ \$172+ 4 GUEST PASSES**

**1-Month unlimited pass, Teacher, Student, Senior, Military Service, \$75**

**Class Packages: 4-class/\$56; 8-class/\$98; 16-class/\$175 \*Packages may be shared and expire in 1 year.**

**Visitor's 1-week unlimited/\$65; Visitor's 2-week unlimited/\$75 **New to Yoga: 6 sessions/\$59****

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