

MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH 31st Healing Gong Session Ron Youmans 2-3:15 pm, \$25					1 Sufi Meditation 7:15pm \$10	2 Intimate Circle: A Study of Yogic Ideas 11am-1pm \$35
3 Essential Oil Workshop 2:00-3:30pm \$15 Hypnotherapy Seminar: "Confidence" 1:30-2:30 pm, FREE	4 KIDS YOGA 4:30pm \$10 1st Monday of the Month	5	6 Trigger Point Therapy 1-2pm <u>FREE</u>	7 "Tongues in Com- mon" Poetry Night 8:00 pm, Free Reiki Energy Healing 2:30-4pm \$20	8 Angel Cards 1:30-3pm \$15	9
10 Workshop: "Shoulder & Head- stands for Everyone" 1:30-3:30pm \$35	11	12	13 Intro to Hypnotherapy 7:15-8:15pm <u>FREE</u>	14 Reiki Energy Healing 2:30-4pm \$20/30mins	15	16 Kundalini Yoga 6:00-7:15 pm Yoga pass or \$15
17	18	19	20	21 Reiki Energy Healing 2:30-4pm \$20/30 mins	22 Angel Cards 1:30-3pm \$15	23 Brave & Brokenhearted Workshop 5:30-7pm \$30
24 Trauma Informed Yoga Teaching for RYT's 1:30-3:30pm \$30	25	26	27	28 Reiki Energy Healing 2:30-4pm \$20/30 mins	29 Family Yoga 7pm \$10	30 Self-Love Workshop: Stretch, Strengthen, Re- lax w/Sherry, 4-6pm \$30 Late Night Vinyasa FLOW 8:30-9:30 pm \$7 pp

PRICING:

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

1-class drop-in \$15; Teachers, Seniors, Students, Military Service \$12

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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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