

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 4 Layers of the Heart Meditation, 7:30 pm, \$10	3 Winter Yoga Teacher Training Begins Pensri Led Meditation
4 Essential Oil Talk and “make & take”, \$10 2-3:30 pm	5 KIDS Yoga! With Ashlee 4:30-5:30 pm, \$10 or 4 classes/\$30	6	7 FREE Intro to Hypnotherapy with Mike Oglesbee, 7:30p	8 FREE Intro to <u>RISE ABOVE</u> w/Christine Kidder 1:30-3:30	9 Spirit Matters, \$10 w/Tearhsa, 7:30pm FREE Intro to <u>RISE ABOVE</u> 7:00-9:00 pm	10 Saturday Meditation NOW 3:30-4:15 pm, \$5 or class pass
11 Reiki Sessions 12:30-2:00 with Sherri Stoddard, \$20/30 mins	12 KIDS Yoga! With Ashlee 4:30-5:30 pm, \$10 or 4 classes/\$30	13	14	15	16 Elevated Consciousness Meditation, \$10 w/ Mike Oglesbee	17 Mindfulness in Relationship, W Joe DiSabatino 4:30-7:30 pm, \$60
18 YOGIs for CHANGE Sav-R-Cats Shelter Yin+ Crystal Bowls, 2:00-3:00pm, \$20 min	19 KIDS Yoga! With Ashlee 4:30-5:30 pm, \$10 or 4 classes/\$30	20	21	22	23 <u>RISE ABOVE</u> Gathering, 7-9 pm \$15, bring canvas & paints. W/Christine Kidder	24 MindSpa— Group Hypnotherapy, “Confidence” With Mike Oglesbee, 6:30-7:30pm, \$20 pp
25 ‘Life is in Your Hands’ Circle, 1-2pm Float & Jump Thru Workshop with Ashlee, \$35, 1-3 pm	26 KIDS Yoga! With Ashlee 4:30-5:30 pm, \$10 or 4 classes/\$30	27	28	29	30	31 Family Yoga, 1-2 pm, \$10/family LATE NIGHT YOGA 8:30-9:30 pm, \$5 all