

# NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Sign Up Now!  <b>Women's Weekend</b>  <b>JAN 25-27, 2019</b>  <b>\$375 per woman</b></p>				<p>1            Now <u>EVERY THURSDAY!</u>  <b>Reiki Energy Healing</b>            3-4pm \$20</p>	<p>2 <b>Intimate Circle</b>            2-4pm \$35  <b>4 Layers of the Heart</b>  <b>Sufi Meditation</b>            7pm \$10</p>	3
4	5	6	<p>7  <b>Trigger Point Therapy</b>            w/Dr. Gray            1:00-2:00 pm FREE</p>	<p>8  <b>Reiki 3-4 pm</b>            30 mins/\$20            Call for an appt</p>	9	10
<p>11  <b>Essential Oil Talk w/            Make &amp; Take Workshop</b>            2-3:30pm \$15</p>	<p>12  <b>Intro to Scientific            Hand Analysis</b>            7:30pm <u>FREE</u></p>	13	<p>14  <b>Intro to            Hypnotherapy</b>            7:30pm <u>FREE</u></p>	<p>15  <b>Reiki 3-4 pm</b>            30 mins/\$20            Call for an appt</p>	<p>16 <b>Hand Analysis Circle</b>            1:30-3:30pm \$30  <b>Angel Card Readings</b>            1:30-3:30pm \$15/15min  <b>Elevated Med.</b> 7:30, \$10</p>	<p>17  <b>Art of Deep Listening</b>            6-8p\$40 or \$70/couple  <b>Oils w/ Restorative            Yoga</b>, 6:30-8pm,\$25</p>
18	19	20	21	<p><b>22</b>  <b>Thanksgiving Day</b>  <b>9:30 Gentle</b>  <b>11am Align &amp; Flow</b>            *only classes of day</p>	<p>23  <b>Angel Card Readings</b>            1:30-3:30pm \$15/15min</p>	<p>24  <b>KUNDALINI Yoga</b>            6-7:15 pm, \$15 or pass   <b>Late Night Yoga</b>            8:30-9:30pm \$5</p>
25	26	27	28	<p>29  <b>Reiki 3-4 pm</b>            30 mins/\$20            Call for an appt</p>	<p>30  <b>Family Yoga</b>  <b>All AGES!</b>            7-8pm \$10/family</p>	<p>DEC 1   <b>KUNDALINI Yoga</b>            6-7:15 pm, \$15 or pass</p>

## 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****

**\*\*GIFT CERTIFICATES for Yoga Always a GREAT GIFT!  
 Buy ONLINE or CALL US! 843.839.9636**