

# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 <i>Happy LABOR DAY! Last Class 4:30 pm</i>	4 <b>Energy Field Cleanse:</b> Meditation w/Music/affirmations w/Sada, \$20, 7:00 pm	5	6	7 <b>ANGEL CARDS 1p 4-Layers of the Heart Sufi Meditation</b> w/ Joe D, \$10, 7:00 pm	8 <b>Qoya Dance</b> for Women w/Jess D 4-5:15 pm, yoga pass or \$15 pp
9 <b>FREE</b> <b>Kangen Alkaline Water Presentation</b> 2:30-4 pm	10	11 <b>Energy Field Cleanse:</b> Meditation w/Music/affirmations w/Sada, \$20, 7:00pm	12 <b>FREE</b> <b>Trigger Point Therapy</b> w/Dr Gray 1-2 pm	13 <b>FREE</b> <b>Kangen Alkaline Water Presentation</b> 6:30-8 pm	14	15 <b>Qoya Dance</b> for Women w/Jess D 4-5:15 pm, yoga pass or \$15 pp
16 <b>BENDING BACK Workshop,</b> 1:30-3:30 w/Jo & Claire, \$35	17	18 <b>Law of Attraction Workshop</b> w/Sandy Noll, 5:30-7pm, \$25	19	20 <b>FREE</b> <b>Introduction to Hypnotherapy</b> w/Mike Oglesbee, 7p	21 <b>ANGEL CARDS 1p Elevated Consciousness Meditation,</b> w/ Mike Oglesbee, 7 pm	22
23 <b>Essential Oil Talk + Make &amp; Take Items</b> 2:00-3:30 pm, \$15	24	25	26	27	28 <b>WOMEN'S Gathering Event.</b> 6-9 pm Fri, 7:30-6 p Sat, 7:30-1 Sun, \$375	29 <b>FAMILY YOGA,</b> \$10/family 1-2pm <b>Late Night Yoga, \$5</b> Vinyasa Flow, 8:30p
30	<b>GET REGISTERED For 200-Hr Vinyasa YOGA TEACHER TRAINING!</b>	<b>Oct 4, 2018- Jan 15, 2019</b> w/Stevie Goggans <b>All are welcome!</b>				