

May 2022

Workshops & Events

(*Register on-line: Go to Workshops & Events Page)

Crystal Bowl Sound Shower

With ValiAnna
Tuesday May 3, 7:30-8:30pm

The Art of Managing Stress: Mastering Resilience for a Creative & Peaceful Life

With Mahendra Briksha
Saturday, May 7th 2-5pm

Men's Shamanic Circle

With Paola Fejes
Saturday, May 7th 6:30-8:30pm

Shamanic Workshop: The Power Path

With Paola Fejes
Saturday May 14th 2-5 pm

Full Moon Kirtan & Cacao

With Rachel Thompson & Nate Truelove
Saturday, May 14th 7-8pm

Full Moon Womens Circle & Sound Bath

With Ashley Clevenger
Sunday, May 15th 6:30-8:00pm

Yin Yoga Healing Journey

With Ana Poirier
Friday, May 20th 6:00-7:30pm

Shamanic Breathwork

With Suzy Adra
Saturday, May 21 4:00-5:30pm

Unlock the Magic & Mystery of Your Soul's Mission

With Ana Poirier
Sunday, May 22nd 2:00-4:30pm

Shamanic Music & Healing Circle

With Paola Fejes
Friday, May 27 6-8pm

Weekly Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Monday			
9:30-10:45am	Vinyasa Flow	Studio	Suzy
5:30-6:45pm	Flow & Restore	Studio	Diane
Tuesday			
9:30-10:30am	Slow Vinyasa	Studio & Live Stream	Marcia
12:00-12:50pm	Therapeutic Yoga	Studio	Danielle
3:00-4:00pm	Chair Yoga	Live Stream	Jeannie
6:00-7:00pm	Hatha Flow	Studio	Destiny
Wednesday			
9:30-10:45am	Yoga Flow	Studio & Live Stream	Diane
5:30-6:30pm	Slow Yoga Flow	Studio	Suzy
6:45-7:45pm	Tantra Sadhana	Studio	Suzy
Thursday			
9:30-10:45am	Hatha Yoga	Studio & Live Stream	Laura
11:30-12:30pm	Yoga in the Park <i>(offered 5/12 & 5/26 - Free community class)</i>	Outdoors @ Devendorf	Laura
5:30-6:45pm	Restorative Yoga	Studio & Live Stream	Ashley
7:00-8:15pm	Grief Yoga** <i>(5/19 only)</i>	Studio	Laura
Friday			
10:00-11:00am	Therapeutic Hatha	Studio	Ashley
12:00-1:30pm	Healing Grief Series*	Studio	Sunny
Saturday			
10:00-11:15am	Hatha Yoga	Studio	David
Sunday			
9:00-10:00am	Kundalini Yoga	Studio	Paola
10:00-11:15am	Therapeutic Hatha	Outdoor @ Folktale Winery	Ashley
12:00-1:30pm	Prenatal Yoga	Studio (5/15 & 5/29)	Destiny
4:30-6:00pm	Gently Restore	Live Stream	Jeannie

**Healing Through Grief classes are FREE,
Please call Virginia at 831-320-0947 to register**

Awakening the Spiritual Warrior

With Laura & Briksha
Saturday, May 28th 2-5pm