

November 2022

Workshops & Events

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

Rebirthing Breathwork & Healing Meditation

With Mahendra Briksha
Sat, Nov 5th 3:00-4:30pm

Foundations of Healing Touch Course 1

With Irina Mulvey
Sat, Nov 12th 12-9pm & Sun, Nov 13th 11am-8pm

Crystal Bowl Sound Shower

With ValiAnna
Tuesday, Nov 15th 7:30-8:30pm

Shamanic Healing Drum Circle

With Paola Fejes
Friday, Nov 18th 6:00-7:30pm

A Journey of Sound & Voice

With Destiny
Sat, Nov 19th 5:30-7:00pm

Women's Circle & Sound Bath

With Destiny
Sunday, Nov 20th 2:00-4:30pm

Introduction to Tantra Series

With Suzy Adra, PhD
Sundays, 6-8pm 11/20, 11/27, 12/4, 12/11

Rebirthing Breathwork & Yoga Nidra

With Mahendra Briksha
Saturday, Dec 3rd 2-5pm

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 Yoga Flow	Studio	Irina
	7:00-8:00pm Yoga Nidra	Studio	Alyssa
Tuesday			
	9:30-10:30am Slow Vinyasa	Studio	Marcia
	6:00-7:00pm Hatha Flow	Studio	Destiny
Wednesday			
	9:30-10:30am Vinyasa Flow	Studio	Jen
	5:30-6:30pm Restorative Yoga	Studio	Irina
	6:45-8:00pm Prenatal Yoga	Studio	Destiny
Thursday			
	9:30-10:45am Hatha Yoga	Studio & Live Stream	Laura
	11:30-12:30pm Yoga in the Park	Outdoors @ Devendorf Park	Laura
	4:30-5:30pm Restore with Ashley	Studio	Ashley
	6:00-7:00pm Flow & Restore	Studio	Rachel
Friday			
	8:30-9:30am Vinyasa Flow	Studio	Danielle
	10:00-11:00am Therapeutic Hatha	Studio	Peter
	12:00-1:30pm Healing Grief Series*	Studio	Sunny
	4:30-5:30pm Restore with Ashley	Studio	Ashley
Saturday			
	10:00-11:15am Hatha Yoga	Studio	David
Sunday			
	9:00-10:00am Kundalini Yoga	Studio	Paola
	10:00-11:15am Outdoor Therapeutic Hatha @ Folktales Winery		Destiny/Rachel
	4:30-6:00pm Gently Restore	Live Stream	Jeannie

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