April Workshops, Special Classes and Trainings

Thursday Special Classes in April 7:15pm-8:30pm

April 11th

Restorative Yoga for the Chakras w/Meg H.

April 18<sup>th</sup>

Stretch and Restore w/Tara M.

April 25th

Chakra Flow w/Meg M.

#### **Live Acoustic Slow-Flow**

April 12<sup>th</sup> 6:30pm-8:00pm w/Meg and Alex

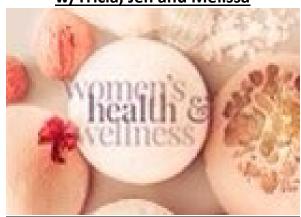


## <u>Yin Yoga and Meditation: Life of Joy Free From</u> Hindrances

April 19<sup>th</sup> 6:30pm-8:30pm w/Kim Dwyer

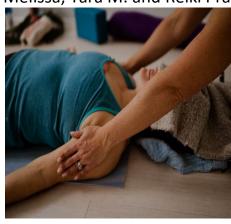


Women's Health Event
April 20<sup>th</sup> 10:30am-5:00pm
w/Tricia, Jen and Melissa



### Restorative Yoga, Massage and Reiki

April 14<sup>th</sup> 2:00pm-4:00pm w/Tricia, Melissa, Tara M. and Reiki Practitioners





#### **Vibrational Sound Cleanse**

April 26<sup>th</sup> 6:30pm-7:45pm w/Tara and Tricia



#### Relax, Renew and Restore the Senses

April 28<sup>th</sup> 2:00pm-4:00pm w/Melissa and Tricia



# New Classes in April

#### SUNDAYS

8:45AM PRENATAL YOGA (DROP INS WELCOME) W/ANGELA
4:30PM YOGA FOR TEENS AND TWEENS W/MEG M.

MONDAYS

7:00AM HATHA YOGA
HALF HOUR GUIDED MEDITATION AT 8:10AM
W/MELISSA

WEDNESDAYS

8:45AM HATHA YOGA W/MELISSA

THURSDAYS

7:00AM YOGA FOR MOBILITY
HALF HOUR GUIDED MEDITATION AT 8:10AM
W/MELISSA

for our <u>100 Hour Yin Yoga</u>

Teacher Training

Unplug &

ENERGY CENTER Tuesday Evenings May-August 2024