

May Workshops, Special Classes and Trainings

Thursday Special Classes in April

7:15pm-8:30pm

May 2nd

Stretch and Restore w/Tara M.

May 9th

Myofascial Release with the Roll Model® Method
w/Melissa

May 16th

Stretch and Restore w/Tara M.

May 23rd

Pranayama, Mantra and Gong Meditation w/Melissa

May 30th

Restorative Yin and Reiki w/Melissa and Reiki
Practitioners

Regular Class Rates Apply

Myofascial Release with the Roll Model®

Method

w/Melissa

Friday May 3rd 6:00pm-7:15pm



Restorative Yoga, Massage and Reiki

May 10th 6:30pm-8:30pm

w/Tricia, Melissa and Reiki Practitioners



Mother's Day Stretch and Restore Workshop

May 12th 10:30am-12:30pm

w/Tricia



Journey into Crystals for Beginners

May 18th 2:00pm-3:30pm

w/Kristi Peak-Oliviera, Reiki Master



Restorative Yoga for the 7 Main Chakras

May 17th 6:30pm-8:00pm

w/Tara D.



Live Acoustic Slow Flow

May 24th 6:30pm-8:00pm
w/Meg M. and Alex



Vibrational Sound Cleanse

May 31th 6:30pm-7:45pm
w/Tara and Tricia



Memorial Day Holiday Schedule

7am Sculpt w/Tara D.
8:45 am Vinyasa w/Jen
10:30am Hatha w/Tricia



Womens Wellness Event

June 1st 10:30am-5pm
w/Melissa, Tricia & Jen



Reiki Level 3 (Master) Training

May 19th 12:00pm-5:00pm w/Melissa

