



Special Events & Healings:

MAY 2023

❖ **Group Healing Circle: Energy Release Therapy**

Led by: Allison Holaday

Crowne Studio (Upstairs)

- 1st & 3rd Thursday of the Month
- (6-7:30p)
 - Pre-Registration:
5/18, 6/1, 6/15
 - \$30

❖ **Yin Yoga**

Led by: Kim Bernardo

Crowne Studio (Upstairs)

- 5/16
- (6:30-8pm)
 - \$25

❖ **Meridian Yoga Workshop Series**

Led by: Linnea Lovinsky

Crowne Studio (Upstairs)

- 5/20, 6/17
- (2-4pm)
- **Introductory Pricing:**
 - Per workshop: \$45

❖ **Drum Circle**

Led by: Wesley Forsythe

Crowne Studio (Upstairs)

- Last Saturday of the Month
- (7-8:30pm)
 - Dates Avail. For
Pre-Registration:
5/27, 6/24
 - Donation Based

JUNE Sneak Peek:

❖ **Grief Yoga: Movement Breathe & Sound**

Led by: Kim Bernardo

Crowne Studio (Upstairs)

- 6/24
- (10-11:30a)
 - \$25