



2026

January

New year, same you — just evolving. Set your intentions, find your breath, and lean into the challenge. You have twelve months to explore what your body and mind are truly capable of. Start exactly where you are, even if it feels messy. Your growth isn't a destination; it's the practice. Step onto the mat — your evolution starts now.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 2 - 4 pm FULL WOLF MOON SOUND IMMERSIVE EXPERIENCE W/ LAURA & SUSAN \$35 5:30 pm ZUMBA WITH NICKY-\$10
4	5 *ENERGY WORK APPOINTMENTS ONLY - CONTACT LAURA FOR SCHEDULING	6 6 pm- EVENING KUNDALINI WITH MICHAEL \$15	7	8	9 6 pm - SOUND IMMERSIVE EXPERIENCE & REIKI W/LAURA & SUSAN \$35	10 5:30 pm ZUMBA WITH NICKY \$10
11	12 *ENERGY WORK APPOINTMENTS ONLY - CONTACT LAURA FOR SCHEDULING	13	14	15	16	17 5:30 pm ZUMBA WITH NICKY \$10 6:30 - 8 pm KIRTAN WITH MICHAEL \$15
18 2 pm- CACAO CEREMONY & GUIDED MEDITATION W/LAURA & MARY \$25	19 *ENERGY WORK APPOINTMENTS ONLY - CONTACT LAURA FOR SCHEDULING	20 6 pm- EVENING KUNDALINI WITH MICHAEL \$15	21	22	23 6 pm - HEALING ENERGY HAPPY HOUR W/ROB BOWE	24 5:30 pm ZUMBA WITH NICKY \$10
25	26 *ENERGY WORK APPOINTMENTS ONLY - CONTACT LAURA FOR SCHEDULING	27	28	29	30 6 - 7:30 pm- WOMANS HEALING & EVOLVE CIRCLE W/FASCIAL RELEASE \$25	31 5:30 pm ZUMBA WITH NICKY \$10