

Upcoming Events at HeartnSoul

2/8 - Yoga for Recovery

*2/9 Art & Asana with Andrea
Belly Dancing Class*

*2/10 Yoga Therapy & DBT for
Anxiety & Stress Relief*

2/13 New Class begins for Teachers

*2/15 -Partner Yoga & Massage
with Strawberries*

2/16-Nourish Your Immune System

2/22 Empaths Energy Protection Circle

3/22-Kirtan with

Libby Volckening & Johnny

3/16-FREE Yoga Therapy Class

3/23-Thai Bodywork Certification

3/24-Womens Circle with Kate Forest

Check Facebook and the website for
changes, new events and more!

