



Fred Parker

WELLNESS

HIMALAYAN SALT ROOM SCHEDULE

Wednesday, January 29

New Moon Reiki Sound Bath,

Jaimie Bess/Marina Mancione, 7:00pm (\$44)

Wednesday, February 5

Meditation & Reflection,

Ashley Sutton, 7:00pm (\$25)

Saturday, February 8

Sound Bath,

Molly Flanagan, 7:00pm (\$33)

Wednesday, February 12

Full Moon Reiki Sound Bath,

Sara Aguirre/Rowena Whitson, 7:00pm (\$44)

Wednesday, February 19

Meditation & Reflection,

Ashley Sutton, 7:00 pm (\$25)

Friday, February 21

Breathwork/Sound Bath,

Sara Aguirre/Michelle Arias, 7:00pm (\$44)

Thursday, February 27

New Moon Reiki Sound Bath,

Jaimie Bess/Rowena Whitson, 7:00pm (\$44)