



Fred Parker

WELLNESS

HIMALAYAN SALT ROOM SCHEDULE

Wednesday, May 22

Meditation & Reflection, Ashley Sutton, 6:30pm (\$25)

Thursday, May 23

Full Moon Reiki Sound Bath,

Sara Aguirre/Melinda Michael, 7:15pm (\$44)

Wednesday, May 29

Chakra Balancing Meditation & Reiki Healing,

Ashley Sutton/Shauga Thomas, 6:30pm (\$44)

Friday, June 14

Breathwork/Sound Bath Ceremony,

Jaimie Bess/Michelle Arias, 7:15pm (\$44)

Saturday, June 15

Children's Sound Bath, Sara Aguirre, 1pm (\$25)

(Children Aged 7 and up are welcome, 40 minutes)

www.fredparkerwellness.com