



Fred Parker

WELLNESS

HIMALAYAN SALT ROOM SCHEDULE

Wednesday, July 16

Meditation & Reflection

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

Sunday, July 20

Sound Bath & Breathwork

Michelle Arias, 6:00pm (\$44)

Thursday, July 24

New Moon Reiki Sound Bath

Jaimie Bess/Brianne Perille, 7:00pm (\$44)

Wednesday, July 30

Meditation & Reflection

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

www.fredparkerwellness.com