

Thursday Special Classes in February

7:15pm-8:30pm

February 8th

Slow Flow and Let Go w/Jess

February 15th

Stretch & Restore w/Meg H.

February 22nd and 29th

Yin Yoga and Reiki w/Melissa and Cheryl



Yoga Nidra Reset and Restore

February 9th 6:30pm-8:00pm

w/Susanne



**Valentine's Day Themes of Love:
Yin Yoga, Meditation and Buddhist Teachings**

February 10th 2pm-4pm w/Kim Dwyer



Relax, Renew and Restore the Senses

February 23rd 6:30pm-8:30pm

w/Melissa and Laura



Full "Snow" Moon Activation and Gong Healing

2/24/24 2pm-4pm w/Jill Jardine



Upcoming Reiki Trainings w/Melissa

Reiki Level 1: March 2nd 12:30pm

Reiki Level 2: April 6th 12:30PM

**Now Accepting Applications:
300 Hour Yoga Teacher Training**



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