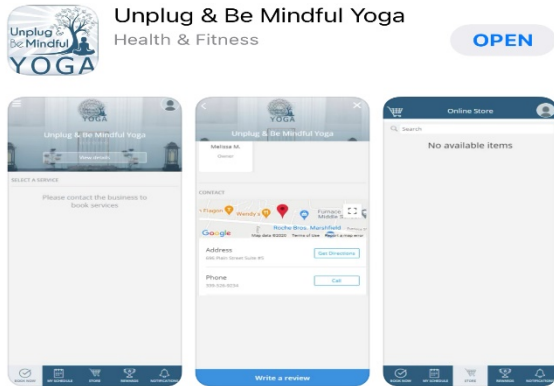


January 2021 Workshops and Special Classes

**Download our new App to register for classes
on January 12th!**



**Community Yoga (Led by Student Teacher
Cary S.)**

**Saturday January 16th 1:00pm-2:00pm
Virtual or In Studio**



**“If you can't fly then run, if you can't run then
walk, if you can't walk then crawl, but
whatever you do you have to keep moving
forward.”**

**— Martin Luther King Jr.
January 18th 2 Special Classes**

**9:00am-10:30am Flow and Let Go with Yoga Nidra
w/Melissa**

**6:00pm-7:15pm Open Hearts and Loving Kindness
w/Vanessa
Virtual or In Studio**

**Chakra Balancing Workshop(In Studio and
Virtual)**

**Saturday January 23rd 12:00pm-2:00pm
w/Tricia**



Vibrational Sound Cleanse (In Studio Only)

**Sunday January 24th 6:30pm-7:45pm
w/Tricia and Tara**

(Sunday Yin 6:30pm w/Melissa will be Virtual Only)



**Upcoming Reiki Trainings (In Studio-Space
is Limited)**

**Reiki Level 1: Saturday February 13th 12:00pm-
4:30pm**

**Reiki Level 2: Saturday February 6th 12:00pm-
4:30pm**

