June Workshops and Special Classes

Reiki TrainingsReiki Level 1June 4th 11:30am-5:30pmReiki MasterJune 5th 12:45pm-5:45pm

Reiki Principles

Just for today, I will not anger. Just for today I will not worry. Just for today, I will be grateful for all my blessings. Just for today, I will work with honesty and integrity. Just for today, I will be kind to all living beings.

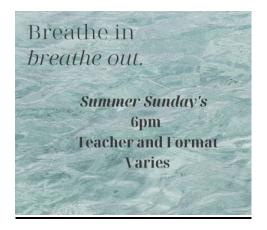
Fall/Winter 200 Hour Yoga TeacherTraining Info Session'sJune 11th or June 12th at 4:30pmMeditative Acupuncture w/KristinaLangdon and Tricia GlynnFriday June 3rd Sessions available at 6:30pm(full), 7:00pm and 7:30pm



Restorative Yoga and Yoga Nidra w/Peg Sunday June 19th 4:00pm-5:15pm



<u>Sunday Evenings in June</u> <u>June 5th Flow and Let Go w/Linda</u> <u>June 12th Full Moon Salute w/Tara</u> <u>June 19th Flow and Let Go w/Angela</u> <u>June 26th Flow and Let Go w/Lindsey</u>



Full Moon Salute w/Tara June 12th 6:00pm-7:15pm



Angela's New Moon Practice June 24th 6:30pm-7:45pm

