

# June Workshops and Special Classes

## Vibrational Sound Cleanse

w/Tara and Tricia  
Friday June 9th 6:30pm-7:45pm



## Menopause Workshop

w/Angela  
Sunday June 11<sup>th</sup> 12:30pm-2:20pm



## Yin Yoga, Meditation and Buddhist Teachings

w/Kim Dwyer  
Tuesday June 13<sup>th</sup> 6pm-8pm



## Angela's New Moon Practice

Friday June 16<sup>th</sup> 6:30pm-7:45pm



## Restorative Yoga, Massage and Reiki

w/Melissa, Tricia, Laura and Angela  
June 23rd 6:30pm-8:30pm



## Pitta Balancing Ayurveda Workshop

w/Aimee  
Saturday June 24<sup>th</sup> 3:00pm-5:00pm



Stay Tuned for **Beach Yoga at Rexhame**  
and **Fall 200 Hour and 300 Hour Yoga Teacher Training Information Sessions**

