

June Workshops and Special Classes

Yoga at Rexhame Beach

Saturday June 5th 7:30am-8:30am

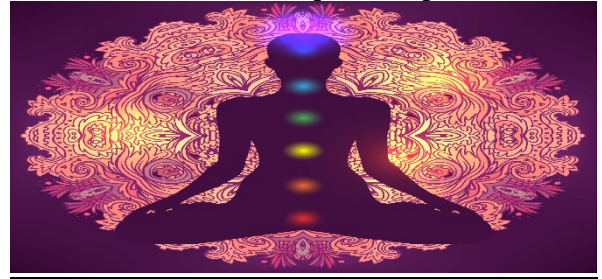


Monday's 7:30-8:30am on the River
(No class June 21st)

Chakra Balancing Flow Workshop

w/Tricia

June 1st 6:30pm-8:30pm



Yin and the 10 Yamas and Niyamas of Tantra

w/Yoga Nidra

June 6th 7pm-8:30pm



15 Day Reboot

Thursday June 10th 5:00pm-6:30pm



Angela's New Moon Practice

June 11th 6:30pm-7:45pm



Hands on Assist Workshop

June 13th 7:00pm-8:30pm

w/Tricia and Melissa



Vibrational Sound Cleanse

Tuesday June 15th 6:30pm-7:45pm

w/Tricia and Tara



Emerging from a Pandemic (with love and gratitude)

Workshop

June 17th 4:30pm-6:30pm

w/Tricia

