

April Workshops, Special Classes and Trainings

Thursday Special Classes in March

7:15pm-8:30pm

March 21st

Pranayama, Mantra and Gong Meditation
w/Melissa M.

March 28th

Slow Flow and Restore w/Jess

Relax, Renew and Restore the Senses

March 22nd 6:30pm-8:30pm

w/Melissa and Laura



Spring Forward with Kundalini, Mantra and Gongs

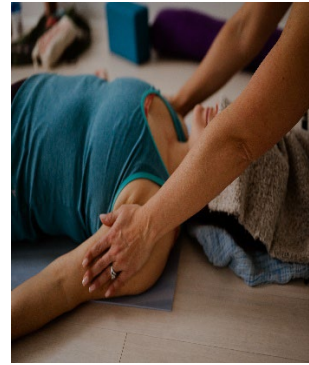
March 23rd 2pm-4pm w/Jill Jardine



Restorative Yoga, Massage and Reiki

March 29th 6:30pm-8:30pm

w/Tricia, Angela, Laura and Cheryl



Yin Yoga YTT Community Classes

Wednesdays Noon

20th and 27th

Yin YTT Workshops

Sunday March 24th 12pm-2pm

Yin and the 8 Limbs w/Michele

Upcoming Reiki Trainings w/Melissa

Reiki Level 2: April 6th 12:30PM

Yoga Anatomy & Alignment

w/Tricia

March 30th 12-3pm

Happy Easter!

Peace, Love and Light

[Class Schedule](#)
7am Yoga Sculpt &
8:30am Slow Flow and Meditation with Tara D.
6:00pm Flow and Let Go with Melissa