

November Workshops and Special Classes

Angela's New Moon Practice

November 5th 6:30pm-7:45pm

Save the date: December 3rd



Ayurveda Immersion

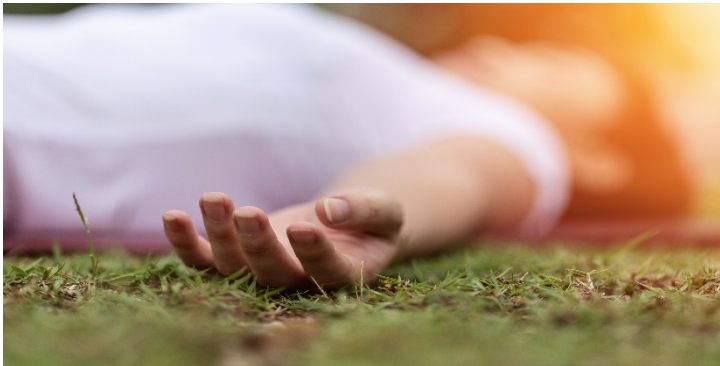
November 6 and 7th (12pm)

This is a weekend intensive that is part of the 200 Yoga Teacher Training. If you would like to learn about Ayurveda, you can join us for 1 day or 2.



Yoga Nidra

Friday October 13th 6:30pm
w/Melissa



Vibrational Sound Cleanse

Sunday November 14th 4:00pm-5:15pm
w/Tricia and Tara



Restorative Yoga, Massage and Reiki

Friday November 19th 6:30pm-8:30pm
w/Tricia, Melissa, Laura and Angela



Thanksgiving

9am Flow and Let Go
w/Tricia