

November Workshops, Special Classes and Trainings

REIKI TRAINING

Reiki Level 3 (Master)
November 2nd
12pm-5:30pm

Reiki Level 1
November 3rd
12:30pm-6:30pm

1948 Ocean Street
Marshfield

WWW.UNPLUGGYOGA.COM

Unplug Yoga & Energy Center

REIKI SHARES

FRIDAY NOVEMBER
1ST- HALF HOUR
SESSIONS
6PM, 6:45PM, 7:30PM

1948 Ocean Street
Marshfield
unplugyoga.com

Vibrational Sound Cleanse

Friday November 8th 6:00pm-7:15pm



Thursday Special Classes in November

7:15pm-8:30pm
Regular Class Rates Apply

November 7th Yin Yoga for the Chakras
w/Melissa

November 14th Restorative Yin and Yoga Nidra
w/Robin

November 21st Restorative Yoga and Reiki
w/Pam Soto

Make today
amazing!



Restorative Yoga, Massage and Reiki

November 15th 6:30pm-8:30pm
w/Melissa, Tricia and Reiki Practitioners



For Students and Yoga Teachers

Cork Block Labs

Class 2: Backbends and Arm Balances

Nov 9th 2:00pm-3:30pm

with Melissa M.

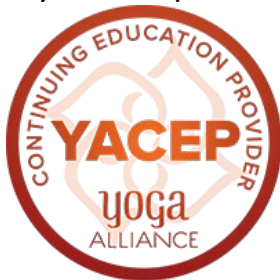
Strap Labs

Class 1: Deep Back Line and Double Helix

Nov 16th 1:00pm-4:00pm

Class 2: Front Line and Arm Lines

January 11 1:00pm-4:00pm



*THANKSGIVING DAY
SCHEDULE*

7AM YOGA SCULPT
W/JEN

8:30AM GRATITUDE
PRACTICE W/MELISSA



December 7th
Save the date for our Holiday Party /
2 Year Anniversary at 1948 Ocean
Street



In gratitude to our community, join us for a free class,
nourishing treats and enjoy some holiday peace.

**Now Accepting Applications
January 2025-June 2025**

**Upcoming Info Sessions:
November 9th 12:00pm, November 14th 7:15pm**

