

November Workshops, Special Classes and Trainings

Thursday Night 7:15pm Classes in November

Restorative Chakra Sound Bath w/Tara D

11/3, 11/10

Restorative and Yoga Nidra w/Peg

11/16

Upcoming Holiday's

Halloween Evening

6:30pm Vinyasa Flow w/Courtney

Veterans Day

Normal Schedule

Thanksgiving

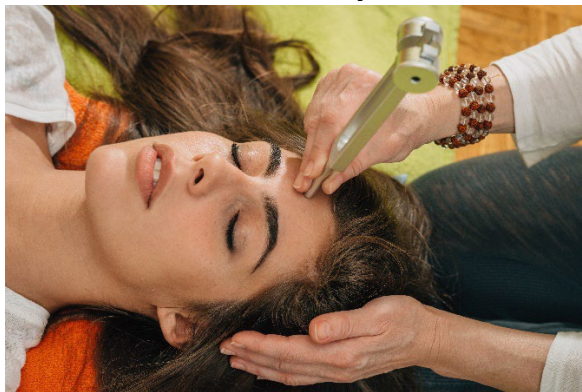
7am Yoga Sculpt w/Jen

8:30am Flow and Let Go w/Melissa

Restorative Meridian Yoga

Friday November 10th | 6:00pm-8:00pm

w/Tricia Glynn



Restorative Yoga, Massage & Reiki

Friday November 17th | 6:30pm-8:30pm

w/ Tricia Glynn RYT, Angela O'Sullivan RM & Laura Hanson, LMT and Reiki Practitioners.



Candlelit Yin & Restorative Yoga

Friday November 24th | 6:30pm-8:00pm

w/Susanne Hallisey



Upcoming Reiki Trainings

November 4th Reiki Level 1

November 5th Reiki Level 2

December 2 Reiki Master Level



Save the Dates

Friday December 1st |

6:30pm-8:30pm Relax, Renew and Restore the Senses
w/Melissa (RYT) and Laura (LMT)

December 9th

One Year Anniversary on Ocean Street/Holiday Open
House

