

November Workshops and Special Classes

Angela's New Moon Practice

November 18th 6:30pm-
7:45pm



Vibrational Sound Cleanse



Saturday November 19th
11:30am-12:45pm w/Tricia and
Tara

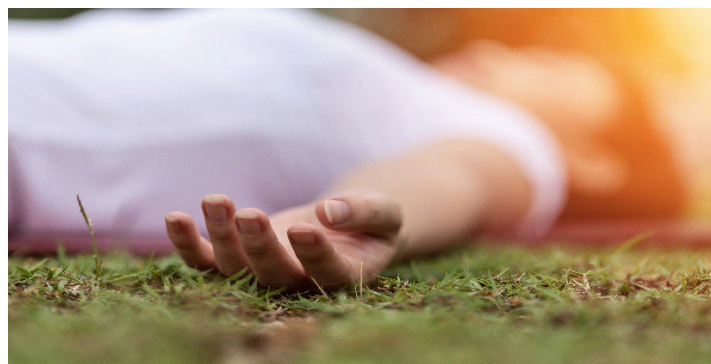
Community Hatha Yoga

w/ Meg Moran – Soon
to be graduate of our
200 YTT

Sunday November 20th
4:30pm-5:30pm

Yoga Nidra in Meditation Room

Wednesday November 23rd
6:00pm w/Melissa



Thanksgiving Thursday November 24th

7am Yoga Sculpt w/Jen
9am Flow and Let Go w/Tricia