

October Workshops and Special Classes

Angela's New Moon Practice

October 1st 6:30pm-7:45pm



Vibrational Sound Cleanse

Friday October 15th 6:30pm-7:45pm
w/Tricia and Tara



Restorative Yoga, Massage and Reiki

Friday October 29th 6:30pm-8:30pm
w/Tricia, Melissa, Laura and Angela



Group Past Life Regressions

Sunday October 31st 3pm-5pm
w/ Jill Jardine



Happy Fall

October 11th Holiday

We will be holding a Regular Class Schedule



Reiki Level 1 Training

Saturday October 23rd 12pm-5pm

November Save the Dates

November 6 & 7 Ayurveda Immersion w/Melissa

November 14th Kundalini Yoga, Kriyas and Planetary Gong
Workshop w/Jill Jardine