

# SALTARA

17 River St, Ste 9, Warwick, NY | [www.saltarahealing.com](http://www.saltarahealing.com)

SERVICES + SCHEDULE

## MONDAY

9:30 AM Energizing Flow w/Jamie  
*\*View online schedule for the Monday night class rotation!*

## TUESDAY

7:00 AM Energizing Flow w/Jamie  
9:30 AM YogaFit w/Lisa  
6:30 PM Slow Flow Restorative w/Nav

## WEDNESDAY

9:30 AM Vinyasa Flow w/Eileen  
NOON Stretch + Strengthen w/Tara  
5:45 PM Vinyasa Flow w/Eileen

## THURSDAY

9:30 AM YogaFit w/Lisa  
6:00 PM Evening Vinyasa w/Hugo

## FRIDAY

9:30 AM Gentle Stretch + Flow w/Kim  
5:30 PM Friday Flow w/Katie

## SATURDAY

9:30 AM YogaFusion w/Amanda

## SUNDAY

10:00 AM Vinyasa Flow w/Eileen

*\*View online schedule for special Friday, Saturday, and Sunday classes + events!*

## PRIVATE SPA SUITE

- Infrared Sauna
- Red Light Therapy
- Halotherapy (Salt Therapy)
- Brainwave Entrainment
- BioMat (Grounding, Hot Stone)
- PEMF Therapy

## PRIVATE 1:1 SESSIONS

- ACUPUNCTURE (Restorative + Cosmetic)
- ASTROLOGY / ASTRO-REIKI
- EPIGENETICS (Health + Nutrition Coaching)
- MASSAGE THERAPY (60-90 Minutes)
- MASTER REIKI / PAST LIFE REGRESSION
- PRIVATE YOGA / SOUND HEALING

