

SALTARA

17 River St, Ste 9, Warwick, NY | www.saltarahealing.com

SPRING 2026 SCHEDULE

MONDAY

7:00 AM Energizing Flow w/Amanda
9:30 AM Gentle Stretch + Flow w/Kim
*View Online Schedule for Evening
Pop-Up Classes + Events!*

TUESDAY

7:30 AM Energizing Flow w/Jamie
9:30 AM YogaFit w/Lisa
5:00 PM *The Flow State w/Ashley (starts JUNE)*
6:30 PM Slow Flow + Yin w/Katy

WEDNESDAY

7:00 AM Slow Morning Flow w/Amanda
9:30 AM Vinyasa Flow w/Eileen
NOON Stretch + Strengthen w/Tara
5:45 PM Vinyasa Flow w/Eileen
7:15 PM YOGInquiry (on Zoom) w/Alyson
7:30 PM Kundalini, Nidra + Gong w/Cara

THURSDAY

7:30 AM Energizing Flow w/Jamie
9:30 AM YogaFit w/Lisa
NOON Flow + Restore w/Caitlin
6:30 PM Evening Slow Flow w/Hugo

FRIDAY

7:00 AM Energizing Flow w/Amanda
9:30 AM Gentle Stretch + Flow w/Kim
*View Online Schedule for Evening
Pop-Up Classes + Events!*

SATURDAY

9:30 AM Alignment Flow w/Amanda

SUNDAY

10:00 AM Vinyasa Flow w/Eileen
11:45 AM Flow + Restore w/Caitlin

PRIVATE SPA SUITE

- Infrared Sauna
- Red Light Therapy
- BioMat (Grounding, Hot Stone)
- PEMF Therapy
- Compression/Vibration Therapy
- Brainwave Entrainment

PRIVATE 1:1 SESSIONS

- ACUPUNCTURE (Restorative + Cosmetic)
- ASTROLOGY / ASTRO-REIKI
- HOLISTIC HEALTH / NUTRITION / DETOX
- MASSAGE THERAPY (60-90 Minutes)
- MASTER REIKI / PAST LIFE REGRESSION
- PRIVATE YOGA / SOUND HEALING
- THAI YOGA BODYWORK

support@saltarahealing.com
Or TEXT us: 213-318-4381

