

# SALTARA

17 River St, Ste 9, Warwick, NY | [www.saltarahealing.com](http://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  
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  
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## 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](mailto:support@saltarahealing.com)  
Or TEXT us: 213-318-4381

