

SALTARA

17 River St, Ste 9, Warwick, NY | 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
7:15 PM Energize + Balance w/Nav

THURSDAY

9:30 AM YogaFit w/Lisa
6:00 PM Hatha Flow 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

