



## AUGUST 2025 Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
					YOGA BREATHWORK	NIDRA BREATHWORK
4 SOMATIC MOVEMENT	5 NIDRA SOUND	6 YOGA REIKI INFUSED MEDITATION	7 BELLYDANCE NIDRA	8 TAROT	9 YOGA KIDS & PARENTS MEDITATION FULL MOON EVENT	10 NIDRA SOUND
11 SOMATIC MOVEMENT	12 SOUND BREATHWORK	13 YOGA SOMATIC MOVEMENT	14 NIDRA	15 NIDRA	16 YOGA MEDITATION BREATHWORK	17 SOMATIC MOVEMENT
18	19 BABY SOUND NIDRA	20 YOGA SOMATIC MOVEMENT	21 NIDRA SOMATIC MOVEMENT/BREATH	22 BREATHWORK	23 YOGA KIDS & PARENTS MEDITATION	24 NIDRA
25	26 SOUND	27 YOGA	28 NIDRA	29 MEDITATION	30 YOGA MEDITATION BREATHWORK	31 NIDRA BREATHWORK

	Conscious Connected Breathwork With Kellie Blinco
	Fiona's Yoga Flow With Fiona Peacock
	Slow Flow Yoga With Shann Bailey
	Yoga Nidra + Sound Healing With Kellie Blinco
	The Art of Balance: Breathwork for Vitality With Goldie Wildheart
	Soulful Sessions With Jess Ann a Somatic Meditation & Movement Practice
	Sound Healing Alchemy Crystal Singing Bowls® With Goldie Wildheart
	Still the Mind: Guided Meditation With Carmen Dow
	Bellydance Movement With Christine Downes
	Girls Night In: Tarot or Oracle Teaching With Lou Friend
	Shared Stillness - Parent & Child Meditation - ages 6-12 With Carmen Dow
	Shakti Rising: A Full Moon Journey With Carmen Dow
	Sacred Stillness: A Sound Meditation With Trina Gollner
	Mindfulness Meditation With Sam Rainbow
	Womb-Heart Breathwork With Goldie Wildheart
	Still Beginnings: Newborn - 1 year Baby Sound Bath With Kellie Blinco
	Body-Rooted Wisdom for Nervous System Reset With Goldie Wildheart