



September 2025 Class Schedule

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

	Gentle Breathwork with Kellie Blinco or Goldie Wildheart
	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
	Sound Immersion With Amanda Wolff
	Shared Sounds: Family Sound Healing with Kellie Blinco
	Sound Healing Alchemy Crystal Singing Bowls® With Goldie Wildheart
	Still the Mind: Guided Meditation With Carmen Dow
	Bellydance Movement With Christine Downes
	Creative Movement With Christine Downes
	Shared Stillness - Parent & Child Meditation - ages 6-12 With Carmen Dow
	Kundalini Activation 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
	Mindfulness Meditation with Sound With Sam Rainbow
	Slow Vinyasa Hatha Flow With Sue Gordon
	Soul Touch Sound Alchemy With Goldie Wildheart + Kellie Blinco