

# RSW Events

# September

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						<a href="#">10 AM Beginner Yoga</a>
3	4	5	6	7	8	9
		<a href="#">6:30 PM Yin &amp; Yang Yoga</a>	<a href="#">5:30 PM Hatha Yoga</a> <a href="#">7 PM IET and SOUND</a>	<a href="#">3 PM Chair Yoga</a> <a href="#">6 PM Qi Gong</a>		<a href="#">10 AM Beginner Yoga</a>
10	11	12	13	14	<b>Grand Opening 15</b>	<b>Grand Opening 16</b>
<a href="#">9:30 AM Gentle Yoga</a>	<a href="#">4:30 PM Vinyasa</a> <a href="#">6 PM Gentle Yoga</a>	<a href="#">6:30 PM Yin &amp; Yang Yoga</a>	<a href="#">5:30 PM Hatha Yoga</a> <a href="#">6 PM Sacred Sister Circle</a>	<a href="#">3 PM Chair Yoga</a> <a href="#">6 PM Qi Gong</a>	<a href="#">5 PM Rock Mandala</a> <a href="#">6:30 PM Unbounded Kirtan</a>	<a href="#">10 AM Beginner Yoga</a> <a href="#">12 – 6 PM Hamburg Street Festival</a> <a href="#">6 PM Sound Bath</a>
<b>Grand Opening 17</b>	<b>Grand Opening 18</b>	<b>Grand Opening 19</b>	<b>Grand Opening 20</b>	<b>Grand Opening 21</b>	<b>Grand Opening 22</b>	<b>Grand Opening 23</b>
<a href="#">9:30 AM Gentle Yoga</a> <a href="#">1 PM Hoop Making</a> <a href="#">6 PM Healing Synergy</a>	<a href="#">4:30 PM Vinyasa</a> <a href="#">6 PM Gentle Yoga</a>	<a href="#">6:30 PM Yin &amp; Yang Yoga</a>	<a href="#">6 PM Animal Reiki Meditation</a> <a href="#">7 PM Reiki Share</a>	<a href="#">3 PM Chair Yoga</a> <a href="#">6 PM Beginner Yoga</a>	<a href="#">6:30 PM Mosaic Art with Nicole</a>	<a href="#">10 AM Beginner Yoga</a> <a href="#">6 PM Katie Manning - (SOLD OUT)</a>
<b>Grand Opening 24</b>	25	26	27	28	29	30
<a href="#">9:30 AM Gentle Yoga</a> <a href="#">11 AM Sound Meditation</a> <a href="#">4 PM Chakra Art &amp; Yoga</a> <a href="#">6PM Language of Yoga</a> <small>*Transition to Wellness Living - Achieve for future bookings.</small>	<a href="#">4:30 PM Vinyasa</a> <a href="#">6 PM Gentle Yoga</a>	<a href="#">6:00 AM Slow Flow Sunshine Yoga</a> <a href="#">6:30 PM Yin &amp; Yang Yoga</a>	<a href="#">5:30 PM Hatha Yoga</a>	<a href="#">6:00 AM Slow Flow Sunshine Yoga</a> <a href="#">3 PM Chair Yoga</a>	<a href="#">6 PM Mantra Meditation</a>	<a href="#">10 AM Beginner Yoga</a>



Pre-Registration is required for all events.

Book Private Sessions:

[REIKI](#)

[Sound Healing](#)

[Sound Energy for Two](#)

Email [Nicole@rocksoulwellness.com](mailto:Nicole@rocksoulwellness.com) for questions or to set up private group events.