

Gold Beach Wellness Center

April 2024 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Yoga 7:30 - 8:30 AM <i>Vanessa</i> All Levels	Centering Meditation 8:00 - 8:45 AM <i>Olivia</i> Free for Everyone	Early Bird Yoga 7:30 - 8:30 AM <i>Vanessa</i> All Levels	Centering Meditation 8:00 - 8:45 AM <i>Olivia</i> Free for Everyone	
	Intermediate Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 2-3	Beginner Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 1	Beginner Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 1	Intermediate Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 2-3	Advancing Yoga 10:00 AM - 12:00 PM <i>Vanessa</i> Level 3-4
Qigong 11:30 - 12:30 PM <i>Bozena</i> All Levels	Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> All Levels	<u>April 17th:</u> Health Sounds 4:00 - 5:00 PM <i>Lyndie & Joe</i> Everyone Welcome!	Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> All Levels	Qigong 11:30 - 12:30 PM <i>Bozena</i> All Levels	See below for Saturday special events! Pre-registration is encouraged/required so please get in touch if you are interested in attending. Thank you!
	Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> All Levels		Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> All Levels		

Special Events: Kirtan with Jivan - Saturday, April 6th 4:00 - 5:00 PM
 Singing Bowls Healing Sound Bath - Saturday, April 27th, 4:00 - 5:00 PM