

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 6:30p Qigong w/ Frances	2 6:30p Lightworkers United Psychic Development w/ Julia & Frances	3 6:30p Guided Meditation w/ Julia	4 9:30a Tai Chi w/ Julia 10:30a-3:30p Spirit Art w/ Rachel
5 9:00a Slow Flow Curvy Yoga w/ Heidi 10:15a Sound Healing Meditation w/ Julia	6 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer Holistic treatments for aches and pains Contact (480) 381-1344	7 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer 6:30p Yin & Yoga Nidra w/ Heidi	8 6:30p Qigong w/ Frances	9 6:30p Lightworkers United Psychic Development w/ Julia & Frances	10 6:30p Guided Meditation w/ Julia	11 9:30a Tai Chi w/ Julia 10:30a Psychic Fair (Sales on Readings & Healings) 5:15p Shamanic Journey Meditation w/ Heidi
12 9:00a Slow Flow Curvy Yoga w/ Heidi 10:15a Sound Healing Meditation w/ Julia	13 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer Holistic treatments for aches and pains Contact (480) 381-1344	14 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer 6:30p Yin & Yoga Nidra w/ Heidi	15 6:30p Qigong w/ Frances	16 6:30p Lightworkers United Psychic Development w/ Julia & Frances	17 6:30p Guided Meditation w/ Julia	18 9:30a Tai Chi w/ Julia 10:30a-3:30p Spirit Art w/ Rachel 2:00p Acension Mindset Class w/ Branden
19 9:00a Slow Flow Curvy Yoga w/ Heidi 10:15a Sound Healing Meditation w/ Julia	20 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer Holistic treatments for aches and pains Contact (480) 381-1344	21 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer 6:30p Yin & Yoga Nidra w/ Heidi	22 6:30p Qigong w/ Frances	23 6:30p Lightworkers United Psychic Development w/ Julia & Frances	24 6:30p Guided Meditation w/ Julia	25 9:30a Tai Chi w/ Julia 10:30a 2nd Anniversary Celebration (Crystal Sales, Readings, & Healings)
26 9:00a Slow Flow Curvy Yoga w/ Heidi 10:15a Sound Healing Meditation w/ Julia	27 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer Holistic treatments for aches and pains Contact (480) 381-1344	28 9:30a-2:30p Physical Therapy Sessions w/ Dr. Jennifer 6:30p Yin & Yoga Nidra w/ Heidi	29 6:30p Qigong w/ Frances	30 6:30p Lightworkers United Psychic Development w/ Julia & Frances		

