

NOVEMBER



(MON) 3RD - SHAMANIC REIKI MEDITATION /
REIKI SHARE 6:30 - 8:00 PM W/ DEAN

(TUE) 4TH - ADAPTIVE YOGA
11:00-12:00 PM W/ ALTHEA

- BLISSFUL BALANCE YOGA
5:30-6:45 PM W/ ALTHEA

(FRI-SUN) 7TH-9TH - SHAMANIC REIKI MASTER
PRACTITIONER W/ BROOKE

(TUE) 11TH - ADAPTIVE YOGA
11:00-12:00 PM W/ ALTHEA

- BLISSFUL BALANCE YOGA
5:30-6:45 PM W/ ALTHEA

(SAT)15TH -SACRED SISTERHOOD
1:00-4:00 PM W/ BROOKE & HEIDI

(TUES)18TH -ADAPTIVE YOGA
11:00-12:00 PM W/ ALTHEA

-BLISSFUL BALANCE YOGA
5:30-6:45 PM W/ ALTHEA

(WED)19TH -REIKI SOUND BATH
7:00-8:30 PM W/ DEE

(THUR)20TH -RESTORATIVE SOUND BATH
6:30-7:30 PM W/ EMILY

(SUN)23RD -MOON VILLAGE
2:00-4:00 PM W/ SAMANTHA

(TUES)28TH -ADAPTIVE YOGA
11:00-12:00 PM W/ ALTHEA

-BLISSFUL BALANCE YOGA
5:30-6:45 PM W/ ALTHEA