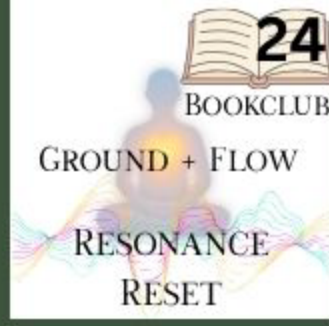


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  GUIDED MEDITATION	2  THE NOON SHIFT	3  GROUND + FLOW RESONANCE RESET	4  QI GONG FAMILY PLAN CALL	5  SOUND BOWLS	6
7	8	9  THE NOON SHIFT	10  GROUND + FLOW	11	12  SOUND BOWLS	13
14	15  CACAO CEREMONY W/CAYLA	16  THE NOON SHIFT	17  GROUND + FLOW FAMILY PLAN CALL	18  QI GONG	19  SOUND BOWLS	20
21	22  GUIDED MEDITATION	23  THE NOON SHIFT	24  GROUND + FLOW RESONANCE RESET	25  QI GONG	26  SOUND BOWLS	27
28	29  GUIDED MEDITATION FULL MOON SOAK & SWEAT	30  THE NOON SHIFT FULL MOON SOAK & SWEAT				

Guided Meditation

- Mondays @ 6:30 PM

Fascia Fix: The Noon Hour Shift w/ Sherry

- Tuesdays @ 12:10-12:50pm

Ground + Flow: Mat Class w/Sherry

- Wednesdays @ 1:10 PM

Resonance Reset

- Wednesdays @6:30 PM

Spring Forest Qigong w/Crystal

- Thursdays @12:10 PM

Sound Bowls

- Fridays @ 10:30 AM

Cacao Ceremony w/ Cayla

- June 15th @6:30-8:30 PM

Full Moon Soak & Sweat Sessions

- June 29th & 30th

Book Club Wednesdays

- Starting on June 24th - Breaking The Habit of Being Yourself @ 12:10 PM at The Hub

Family Plan Calls

- June 4th & 17th

Fresh Produce Delivery Order

- June 3rd & 17th

