

WEEKLY CLASS SCHEDULE

MON
@6:30 PM

Guided Meditation

We will explore various guided meditations to bring in peacefulness, serenity + joy

TUE
@12:10 PM

Fascia Fix- The Noon Hour Shift

Start the week with a gentle and energizing class. A little bit of fascia work, little bit of breathwork to reset + reclaim your day with intention.

TUE
@1:00 PM

Yoga w/Angel

Whether beginner or advanced - all are welcome to join this practice combining breathwork, movement and meditation to restore inner balance. Leave feeling grounded + energized.

WED
@12:10

Book Club w/Benefits

We connect in community to learn, grow and implement positive wellness shifts, together.

WED
@6:30 PM

Resonance Reset

Gentle deep asana, sound bowls, and Quantum Rife for deep relaxation, nervous system support, and energetic reset. A calming evening to rest, restore, and reconnect.

THUR
@12:10 PM

Spring Forest Qigong

Start the week with a gentle and energizing class. A little bit of fascia work, little bit of breathwork to reset + reclaim your day with intention.

FRI
@10:30 AM

Sound Bowls

Beautiful sound journey to reset and rebalance. Come, listen in & elevate the rest of your day.