



TWO BUNCH PALMS

WELLNESS CLASSES: OCTOBER 8TH – OCTOBER 14TH, 2018

MONDAY, OCTOBER 8TH

10:00am	Yoga - HATHA	Yoga Dome
2:00pm	Messages from the Angles	View Point
4:30pm	Yoga - Therapeutic	Yoga Dome

TUESDAY, OCTOBER 9TH

10:00am	Nature Walk	Meet @ Essense
2:00pm	Art – Portrait Painting	View Point
3:00pm	Yoga – Restorative with therapy balls	Yoga Dome
4:30pm	Qigong	Yoga Dome

WEDNESDAY, OCTOBER 10TH

10:00am	Yoga – Gentle Stretch	View Point
2:00pm	Loving Life & the 4 Agreements	View Point
4:30pm	Yoga - Therapeutic	Yoga Dome
5:00pm	**Tea Ceremony with Naama*	Fire Pit

THURSDAY, OCTOBER 11TH

9:00am	**Tea Ceremony with Naama*	Fire Pit
10:00am	Yoga – Gentle Vinyasa Flow	View Point
2:00pm	Creating a New Book of Life	View Point
3:00pm	Yoga – Restorative with therapy balls	Yoga Dome
4:30pm	Qigong	Yoga Dome

FRIDAY, OCTOBER 12TH

10:00am	Yoga - Stretch	Yoga Dome
2:00pm	Art – Vino Van Gogh	View Point
4:30pm	Yoga – Therapeutic with Sacred Chant	Yoga Dome
5:00pm	**Handbuilding with Ceramics** http://www.emkceramics.com	Meet @ Essense
8:00pm	**Vibrations to Clear & Realign with Drums**	Yoga Dome

SATURDAY, OCTOBER 13TH

10:00am	Pilates	Yoga Dome
11:00am	**Handbuilding with Ceramics** http://www.emkceramics.com	Meet @ Essense
12:00pm	Art – Totem Stone Painting	View Point
2:00pm	Yoga – Yin Yoga 75 minutes	Yoga Dome
5:00pm	Dance with Yoga	Yoga Dome
8:00pm	**Harmonic Vibrations Sound Bath**	Yoga Dome

SUNDAY, OCTOBER 14TH

10:00am	Yoga – Gentle Stretch	Yoga Dome
10:00am	Art – Gratitude Personal Greeting Cards	View Point
2:00pm	Awaken Your Thoughts	View Point
4:30pm	Intent Saging	View Point

Kindly arrive 5 minutes prior to scheduled times. Doors will close 10 minutes after the classes commenced.

***Special Event kindly - RSVP*