



WELLNESS CLASSES: FEBRUARY 11TH – FEBRUARY 17TH, 2019

MONDAY, FEBRUARY 11TH

10:00am	Yoga – Hatha	Yoga Dome
11:00am	ART – Vino van Gogh	Garden House
1:00pm	New Book of Life	Garden House
2:00pm	Intent Saging	Fire Pit
4:30pm	Yoga – Therapeutic	Yoga Dome

TUESDAY, FEBRUARY 12TH

9:00am	Yoga – Vinyasa	Yoga Dome
10:00am	Nature Walk	Meet @ Essence
12:00noon	Pilates	Yoga Dome
2:00pm	ART – Art of Transformation	Garden House
4:30pm	Qigong	Yoga Dome

WEDNESDAY, FEBRUARY 13TH

10:00am	Yoga – Stretch	Yoga Dome
10:00am	Cannabis 101	Garden House
12:00noon	Pilates	Yoga Dome
1:00pm	ART – Portrait Painting	Garden House
2:00pm	Cannabis 101	Garden House
4:30pm	Yoga – Therapeutic-Restorative	Yoga Dome
5:00pm	Cannabis 101	Garden House

THURSDAY, FEBRUARY 14TH

10:00am	Yoga – Electric Flow	Yoga Dome
10:00am	Cannabis 101	Garden House
11:00am	ART- Valentines Card Painting	Garden House
1:00pm	Messages from the Angels	Garden House
2:00pm	Cannabis 101	Garden House
4:30pm	Zumba Gold – low impact	Yoga Dome
5:00pm	Cannabis 101	Garden House

FRIDAY, FEBRUARY 15TH

10:00am	Yoga – Relaxation	Yoga Dome
2:00pm	ART- Awaken Creativity	Garden House
3:00pm	Intent Saging	Fire Pit
4:30pm	Yoga – Therapeutic with chant	Yoga Dome
8:00pm	**Drumming – Vibrations to clear & realign**	Yoga Dome

SATURDAY, FEBRUARY 16TH

10:00am	Pilates	Yoga Dome
11:00am	ART – Vino van Gogh	Garden House
12:00noon	ART – Totem Stone Painting	Garden House
2:00pm	Yoga – Yin Yoga (75 minutes)	Yoga Dome
4:00pm	Yoga – Yoga meets Dance	Yoga Dome
8:00pm	** Sound Bath – Harmonic Vibrations**	Yoga Dome

SUNDAY, FEBRUARY 17TH

10:00am	Yoga – Align & Flow	Yoga Dome
11:00am	Tarot 101 with Steven Nash	Garden House
1:00pm	ART – Greeting Card Painting	Garden House
3:00pm	Messages from the Angels	Garden House
4:30pm	Reconnecting with Mother Earth	Garden House

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

***Special Event kindly - RSVP*