



**WELLNESS CLASSES: FEBRUARY 4<sup>TH</sup> – FEBRUARY 10<sup>TH</sup>, 2019**

**MONDAY, FEBRUARY 4<sup>TH</sup>**

10:00am	Yoga – Morning Refresher	Yoga Dome
11:00am	ART –Greeting Card Painting	Garden House
1:00pm	Messages from the Angels	Garden House
2:00pm	Intent Saging	Fire Pit
4:30pm	Yoga – Therapeutic-Restorative	Yoga Dome

**TUESDAY, FEBRUARY 5<sup>TH</sup>**

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

**WEDNESDAY, FEBRUARY 6<sup>TH</sup>**

10:00am	Yoga – Stretch	Yoga Dome
12:30pm	Mindfull Meditation with Sarah BL	Yoga Dome
2:00pm	ART – Art of Transformation	Garden House
4:30pm	Yoga – Therapeutic	Yoga Dome

**THURSDAY, FEBRUARY 7<sup>TH</sup>**

10:00am	Yoga – Electric Flow	Yoga Dome
11:00am	ART- Vino van Gogh	Garden House
12:00noon	Pilates	Yoga Dome
2:00pm	Intent Saging	Fire Pit
4:30pm	Yoga – Dance meets Yoga	Yoga Dome

**FRIDAY, FEBRUARY 8<sup>TH</sup>**

10:00am	Yoga – Relaxation	Yoga Dome
2:00pm	ART- Greeting Card Painting	Garden House
3:00pm	New Book of Life	Garden House
4:30pm	Yoga – Therapeutic with chant	Yoga Dome
8:00pm	<b>**Drumming – Vibrations to clear &amp; realign**</b>	Yoga Dome

**SATURDAY, FEBRUARY 9<sup>TH</sup>**

10:00am	Pilates	Yoga Dome
11:00am	ART – Manifest Well Being	Garden House
12:00noon	ART – Portrait Painting	Garden House
2:00pm	Yoga – Yin Yoga (75 minutes)	Yoga Dome
4:00pm	Zumba Gold – low impact	Yoga Dome
8:00pm	<b>** Sound Bath – Harmonic Vibrations**</b>	Yoga Dome

**SUNDAY, FEBRUARY 10<sup>TH</sup>**

10:00am	Yoga – Sun Salutations	Yoga Dome
11:00am	Tarot 101 with Steven Nash	Garden House
1:00pm	ART – Practicing Playfulness	Garden House
3:00pm	Intent Saging	Garden House
4:30pm	Messages from the Angels	Garden House
5:00pm	Mindfull Meditation with Sarah BL	Yoga Dome

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

*\*\*Special Event kindly - RSVP*