

TWO BUNCH PALMS

Enrichment Programs

March 11 MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Morning Refresh Yoga	Celestial Dome
12 noon	Saging with Intent	Fire Pit
1:00 pm	Angel Messages Life Balance	Essense Patio
2:00pm	Create & Manifest Art	Garden House
4:30pm	Restorative Stretch Yoga	Celestial Dome

March 12 TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
9:00am	Vinyasa Yoga	Celestial Dome
10:00am	Two Bunch Nature Walk	Meet @ Essense
12 noon	Classic Pilates Fitness	Celestial Dome
2:00pm	Portrait Painting Art	Garden House
4:30pm	Qi Gong Movement	Celestial Dome

March 13 WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Heated Yoga Movement	Celestial Dome
11:00 am	Stone Painting Art	Garden House
2:00 pm	Tarot Insights	Garden House
4:30pm	Therapeutic Flow Yoga	Celestial Dome

March 14 THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Eclectic Flow Yoga	Celestial Dome
2:00pm	Angel Messages Life Balance	Rotunda
3:00 pm	Create & Manifest Art	Garden House
4:30 pm	Yoga + Dance Movement	Celestial Dome
7:00 pm	Clearing Vibrations Drums	Celestial Dome

March 15 FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Align & Relax Yoga	Palm Lawn
11:00am	Awaken Creativity Art	Garden House
2:00 pm	Self Care Ayurveda Spa Ritual \$10	Rotunda
3:00 pm	Saging with Intent	Fire Pit
4:30pm	Therapeutic Chant Yoga	Celestial Dome
8:00 pm	Healing Vibrations Harmonic Sound Bath	Celestial Dome

March 16 SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
11:00am	Express Gratitude Art	Garden House
12 noon	Create & Manifest Art	Garden House
2:00 pm	Yin Yoga Movement	Celestial Dome
3:00 pm	Self Care Ayurveda Spa Ritual \$10	Rotunda
4:00 pm	Ai Chi Movement	Palm Lawn
8:00 pm	Sound Healing Harmonic Sound Bath	Celestial Dome

March 17 SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Sun Salutation Yoga	Celestial Dome
11:00am	Tarot Insights	Garden House
1:00 pm	Stone Painting Art	Essense Patio
3:00 pm	Saging with Intent	Fire Pit
4:30pm	Angel Messages Life Balance	Garden House

