

TWO BUNCH PALMS

Enrichment Programs

March 18 MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Morning Refresh Yoga	Celestial Dome
1:00 pm	Connect + Mother Balance Life Balance	Garden House
2:00pm	Hamsa Mandala Art	Essense Patio
4:30pm	Therapeutic Stretch Yoga	Celestial Dome

March 19 TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
9:00am	Heated Yoga Movement	Celestial Dome
10:00am	Two Bunch Nature Walk	Meet @ Essense
12 noon	Classic Pilates Fitness	Celestial Dome
2:00pm	Vino Van Gogh Art & Wine	Garden House
4:30pm	Yoga + Dance Movement	Celestial Dome

Spring Equinox | First Day of Spring

March 20 WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Greet Spring Yoga	Celestial Dome
11:00 am	Create & Manifest Art	Essense Patio
2:00 pm	Tarot Insights	Garden House
4:30pm	Let Go Yin Yoga	Celestial Dome
6:00pm	Full Moon Sound Bath Healing Vibes	Grotto Fire Pit

March 21 THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Eclectic Flow Yoga	Celestial Dome
11:00am	Mindful Meditation	Celestial Dome
1:00 pm	Classic Pilates Fitness	Celestial Dome
2:00 pm	Healing Your Book of Life	Garden House
3:00 pm	Abundant Well Being Art	Essense Patio
4:30 pm	Qigong Movement	Palm Lawn
7:00 pm	Clearing Vibrations Drums	Celestial Dome

March 22 FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Nidra Yoga Movement	Palm Lawn
11:00am	Create & Manifest Art	Garden House
2:00 pm	Nutrition with Chef Food	Essense Bar
3:00 pm	Healing + Book Life Wellness	Garden House
4:30pm	Yoga + Pilates Fusion	Celestial Dome
6:00pm	Spirit Guide Meditation Workshop I 20 Guests	Garden House
8:00pm	Harmonic Sound Bath Sensory Balancing	Celestial Dome

March 23 SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Pilates Fitness	Celestial Dome
11:00 am	The Art of Transformation	Garden House
12 noon	Portrait Painting Art	Garden House
1:00 pm	Third Eye Sound Meditation Workshop II 20 Guests	Garden House
2:00 pm	Let Go Yoga	Celestial Dome
4:00 pm	Mindful Meditation	Celestial Dome
8:00 pm	Sound Healing Harmonic Sound Bath	Celestial Dome

March 24 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	Sacred Lotus Art	Essense Patio
2:00 pm	Vibrational Medicine Workshop III 20 Guests	Garden House
3:00 pm	Intro to Theta Healing Life Balance	Garden House
4:30 pm	Saging with Intention	Fire Pit

