

TWO BUNCH PALMS

Enrichment Programs

March 4 MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Hatha Yoga	Celestial Dome
11:00am	Reconnect with Mother Earth Life Balance	Garden House
1:00pm	Saging with Intent	Fire Pit
2:00pm	Stone Painting Art	Garden House
4:30pm	Gentle Stretch Yoga	Celestial Dome

March 5 TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
9:00am	Vinyasa Yoga	Celestial Dome
10:00am	Two Bunch Nature Walk	Meet @ Essence
12 noon	Classic Pilates	Celestial Dome
2:00pm	The Art of Transformation	Garden House
4:30pm	Ai Chi Movement	Celestial Dome

March 6 WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Heated Yoga Mindful Meditation	Celestial Dome
11:00 am	The Art of Transformation	Garden House
2:00 pm	Raja Yoga Movement	Palm Lawn
4:30pm	Hatha Yoga	View Point

March 7 THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Eclectic Flow Yoga	Celestial Dome
11:00am	Healing Your Book of Life	Garden House
12 noon	Classic Pilates Fitness	Celestial Dome
2:00pm	Hamsa Mandala Art	Essense Patio
4:30pm	Yoga + Dance Movement	Celestial Dome

March 8 FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Align & Relax Yoga	Palm Lawn
11:00am	Abundant Well Being Art	Essense Patio
2:00 pm	Cannabis & Your Heath	Viewpoint
3:00 pm	Theta Healing	Garden House
4:30pm	Therapeutic Chant Yoga	View Point
8:00pm	Clearing Vibrations Drums	Celestial Dome

March 9 SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Classic Pilates Fitness	Celestial Dome
11:00 am	Cannabis & Your Health	Viewpoint
12 noon	Workshop - Ceramics	Garden House
1:00 pm	Create & Manifest Art	Essense Patio
2:00 pm	Yin Yoga Movement	Celestial Dome
3:00 pm	Cannabis & Your Health	Viewpoint
4:00 pm	Ai Chi Movement	Palm Lawn
8:00 pm	Healing Vibrations Harmonic Sound Bath	Celestial Dome

March 10 SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>LOCATION</u>
10:00am	Sun Salutation Yoga	Celestial Dome
11:00am	Cannabis & Your Health	Viewpoint
12 noon	Workshop - Ceramics	Garden House
1:00 pm	Cannabis & Your Health	Viewpoint
2:00pm	Sacred Lotus Art	Essense Patio
3:00 pm	Saging with Intent	Fire Pit
4:30 pm	Angel Messages Life Balance	Garden House
5:00 pm	Guided Meditation	Celestial Dome

