

SEPTEMBER 16

MONDAY

TIME	CLASS	LOCATION
10 30 AM	ENERGIZING YOGA	THE DOME
11 45 AM	LEATHER CRAFTING \$20 PP	GARDEN HOUSE
3 PM	DIET FOR YOUR DOSHA	ROTUNDA
4 30 PM	PORTRAIT PAINTING	GARDEN HOUSE

SEPTEMBER 17

TUESDAY

TIME	CLASS	LOCATION
10 15 AM	VINYASA YOGA	THE DOME
1 PM	DIET FOR YOUR DOSHA	ROTUNDA
2 30 PM	ART OF TRANSFORMATION	GARDEN HOUSE
4 PM	QI GONG	THE LAWN

SEPTEMBER 18

WEDNESDAY

TIME	CLASS	LOCATION
10 30 AM	ECLECTIC YOGA	THE DOME
11 30 AM	DIY SKINCARE - THE GLOW	GARDEN HOUSE
2 45 PM	WATER AI CHI	COOL POOL
4 PM	TAROT INSIGHTS	GARDEN HOUSE
7 PM	YOGA FOR CALM	THE DOME

SEPTEMBER 19

THURSDAY

TIME	CLASS	LOCATION
10 30 AM	ALIGN & FLOW YOGA	THE DOME
1 PM	AYURVEDA: SCIENCE OF LIFE	GARDEN HOUSE
2 30 PM	THE ARTIST'S WAY	GARDEN HOUSE
4 PM	TAROT INSIGHTS	THE DOME
7 PM	CLEARING VIBRATIONS	THE DOME

SEPTEMBER 20

FRIDAY

TIME	CLASS	LOCATION
10 30 AM	CORE YOGA	THE DOME
11 45 AM	AYURVEDA	ROTUNDA
1 PM	SKIN FUNDAMENTALS	GARDEN HOUSE
5 30 PM	YOGA SCULPT	THE DOME

SEPTEMBER 21

SATURDAY

TIME	CLASS	LOCATION
10 15 AM	MORNING SALUTATIONS YOGA	THE DOME
11 30 AM	ABC'S OF ACIDS IN SKINCARE	GARDEN HOUSE
2 15 PM	PREVENTATIVE YOGA	THE DOME
4 PM	SACRED MANDALA ART	GARDEN HOUSE
8 PM	HEALING VIBRATIONS SOUND BATH	THE DOME

SEPTEMBER 22

SUNDAY

TIME	CLASS	LOCATION
10 15 AM	SUN SALUTATION YOGA	THE DOME
1 PM	EXPRESS GRATITUDE ART	GARDEN HOUSE
6 PM	JOURNALING	GARDEN HOUSE
7 PM	TRANQUIL YOGA	THE DOME

*PLEASE ARRIVE 10 MINUTES PRIOR TO CLASS START.

*KINDLY NOTE CLASSES CAN BE JOINED UP TO 10 MINUTES AFTER START TIME.

*ALL CLASSES ARE AVAILABLE AS PRIVATE SESSIONS, FOR INQUIRIES SEE THE SPA.

TWO BUNCH PALMS
ENRICHMENT CLASSES