

## SEPTEMBER 23

### MONDAY

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

## SEPTEMBER 24

### TUESDAY

TIME	CLASS	LOCATION
10 15 AM	VINYASA YOGA	THE DOME
2 30 PM	AWAKEN CREATIVITY	GARDEN HOUSE
4 PM	QI GONG	THE LAWN
7 PM	GENTLE YOGA	THE DOME

## SEPTEMBER 25

### WEDNESDAY

TIME	CLASS	LOCATION
10 30 AM	ALIGN AND FLOW YOGA	THE DOME
11 30 AM	SKIN CARE TABOO   LADIES	GARDEN HOUSE
2 PM	AYURVEDIC LIFESTYLE	ROTUNDA
4 PM	TAROT INSIGHTS	GARDEN HOUSE

## SEPTEMBER 26

### THURSDAY

TIME	CLASS	LOCATION
10 30 AM	ELECTIC YOGA	THE DOME
3 PM	CREATE & MANIFEST ART	GARDEN HOUSE
5 30 PM	JOURNALING	ROTUNDA
7 PM	CLEARING VIBRATIONS	THE DOME

## SEPTEMBER 27

### FRIDAY

TIME	CLASS	LOCATION
10 30 AM	HEATED YOGA	THE DOME
1 PM	AYURVEDA	ROTUNDA
5 30 PM	CORE STRENGTH YOGA	THE DOME
9 PM	CBD FLOATING SOUNDBATH MYSTICAL MEDITATION   \$85PP	THE GROTTTO

## SEPTEMBER 28

### SATURDAY

TIME	CLASS	LOCATION
10 15 AM	RISE & ALIGN YOGA	THE DOME
11 30 AM	DIY SKINCARE - FUNDAMENTALS	GARDEN HOUSE
4 PM	SACRED MANDALA ART	GARDEN HOUSE
7 PM	FLOATING SOUNDBATH   \$60PP	THE GROTTTO
10 PM	FLOATING SOUNDBATH   \$60PP	THE GROTTTO

## SEPTEMBER 29

### SUNDAY

TIME	CLASS	LOCATION
9 AM	SUN SALUTATION YOGA	THE GROTTTO
11 AM	FLOATING SOUNDBATH   \$60PP	THE GROTTTO
3 30 PM	THE ARTIST'S WAY	GARDEN HOUSE
4 30 PM	WATER AI CHI	THE COOL POOL
7 PM	YOGA FOR POSTURE	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