

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Gentle with Restorative Yoga 9:00 – 10:15 am Becky Peary Gentle Yoga 10:30 - 11:45 am Jamey Stofko Ayurvedic Yoga 6:30 – 7:30 pm Kirsten Askins	Hatha Yoga 9:00 - 10:15 am Jane Grode Yin Yoga 10:30 – 11:45 am Maryann Reece Karma Vinyasa Community Yoga 6:00 – 7:15pm Anne Davis FREE CLASS	Gentle Yoga 10:30 - 11:45 am Jamey Stofko Gentle Vinyasa Yoga 6:00- 7:00 pm Christina Reece Reiki Restore with Crystals 7:15 – 8:15 pm Gina Dinkey \$10 or class card	Hatha Yoga 9:00 - 10:15 am Jane Grode Flow & Restorative Yoga with Reiki 10:30 – 11:45 am Kirsten Askins Hatha Yoga 4:00 – 5:00 pm Kirsten Askins Reiki Restorative Yoga-Jamey Stofko & Tibetan Healing Bowls-Anne Marie Santora 6:30 - 7:30 pm	Gentle Yoga 10:30 - 11:45 am Becky Peary Flow & Restorative Yoga with Reiki 5:00 – 6:15 pm Jamey Stofko Dragon’s Way 6:30-7:30 PM Six week session	Hatha Yoga 9:00 - 10:15 am Jane Grode Kids Yoga and Mindfulness Stacy Goddard Ages 5-8 10:30 – 11:15 am Ages 8-12 11:30 - 12:30 pm Drop in \$10	Ayurvedic Yoga 9:30 – 10:45 am Kirsten Askins Gentle Yoga with Reiki Assists 11:00 – 12:15 pm Jodie Goff & Kirsten Askins

Class Descriptions-All Classes are All Levels

Ayurvedic Yoga In the spring, the emphasis is on cleansing the lungs and warming the kidneys. Poses and breath that facilitate this will be taught and practiced.

Dragon’s Way A complete system for stress management and weight loss based on Traditional Chinese Medicine. Learn the theory of the five elements and 10 Easy and Elegant *Wu Ming Qigong* Movements that you can do at home for increased energy, stress reduction, weight loss and wellness. Entire series \$199

Flow then Restorative Yoga with Reiki Begin with a flowing practice to strengthen the body and then make use of the gentle longer holds of restorative yoga to lengthen & rejuvenate. Receive universal life healing energy or Reiki while in restorative postures.

Gentle Yoga Let go of stress and pain while improving flexibility, strength and balance by moving slowly through gentle yoga poses. Release tension and brighten your spirit by connecting deeper to your body and breath.

Gentle with Restorative Yoga A series of postures designed for stretching and rejuvenating the body along with restorative postures to strengthen the immune system.

Gentle Vinyasa Yoga Awaken to a higher vibration by combining the pace of gentle yoga with the meditation of a flowing practice.

Hatha Yoga Integrate elements from a number of yogic traditions in a creative & diverse approach to yoga.

Karma Vinyasa Community Yoga A free class, move united in breath to a strong flowing series of postures.

Reiki Restore with Crystals In a group setting, rest and renew while receiving Reiki, acupressure and crystal healing. Reiki is spiritually guided life force energy that can transform your physical, emotional or spiritual state of being. Crystals are high vibrational earth energy that can both ground and uplift. Angels Cards will also be shared to help with guidance.

Reiki Restorative Yoga with Jamey and Tibetan Healing Bowls with Anne Marie Combine the healing properties of Reiki, Restorative Yoga and Tibetan Bowls. Self-care is not selfish, replenish with us. Drop In \$20 or class card

Yin Yoga Experience release and reduce pain while releasing feel good hormones with longer held postures designed to stretch the body and the connective tissues while increasing circulation in the joints and improving flexibility.

Spiritual Advising/Healing

Astrology w/ Kirsten Askins Know yourself & your soul’s unconscious intention through your natal birth chart. It is your personal mandala and can be used to see your path toward love in this life & the best timing of events. One hour private \$60.

Tarot Card Readings w/ Kirsten Askins Connect to divine guidance through the symbolism of the Fool to the World journey. One hour private \$60.

Reiki & Essential Oils Healing with Alana Darling Receive spiritually guided life force energy to relax & promote your own healing. One hour private \$60.

Thai Yoga w/ Kirsten Askins Experience yoga in a different way. Be gently opened & lengthened in the body through assisted yoga postures. One hour private \$60.

Subconscious Progression-Regression Soul Growth Sessions with Ann Marie Santora In a private session Ann Marie will guide your soul to present subconscious images of memories past or future which will give you information that is necessary at the time to evolve your spirit. All messages are for your highest good. \$75 per session. Ann Marie is a certified Cayce Regressionist, Spiritual Minister and Spiritual Director.

Cranial Sacral Therapy and Spiritual Messages with Christiane Valentine A holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes the bones, nerves, fluids, & connective tissues of the cranium & spinal area along with channeled messages from Spirit to help progress your soul’s growth. Christiane is a gifted medium who can retrieve information from past lives & this life to help & heal. \$120 per session

