

**February 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 10a –11a Gentle Yoga w/Gaby 5:30p -6:30pm Yoga w/ Tori	2	3	4
5 5:45p-6:45p Yoga for ALL	6 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori	7 9a-10a Yoga w/ Tiffany 6p-7p Yoga with Tiffany – Last day of back care series	8 10a –11a Gentle Yoga w/Gaby 5:30p -6:30pm Yoga w/ Tori	9	10 Wrist Pain – Preventing and Healing Workshop 1 – 3p	11
12 5:45p-6:45p Yoga for ALL	13 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori	14 9a-10a Yoga w/ Tiffany	15 10a –11a Gentle Yoga w/Gaby 5:30p -6:30pm Yoga w/ Tori	16	17	18
19 New 6-week Series Begins 5:45p-6:45p Yoga Basics with Diane	20 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori	21 9a-10a Yoga w/ Tiffany 6p-7p 4-Week Series Begins Empowerment Yoga for Girls (ages 10+)	22 10a –11a Gentle Yoga with Gaby 5:30p -6:30pm Yoga w/ Tori	23	24 9am – 10am Family Yoga 11am – 12noon Intro to Yoga	25
26 5:45p-6:45p Yoga Basics with Diane	27 9a-10a Yoga w/ Tiffany 5:30p-6:30p Yoga w/ Tori	28 9a-10a Yoga w/ Tiffany 6p-7p Empowerment Yoga for Girls (ages 10+)				

**SERVICES:**

- HEALING TOUCH
- FACIALS
- AQUA DETOX
- INFRARED SAUNA

**MASSAGE:**

- Therapeutic
- Hot Stone
- Raindrop Therapy
- Lomi Lomi Massage
- Ayurvedic Treatment
- Lymphatic Drainage
- CranioSacral Therapy
- Add Ayurvedic Oils