



September, 2017

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|------|------|--|--|------|--------------------------------------|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 Walk 15 12:15pm - 12:45pm 5:30pm - 6:30pm Yoga | 6 | 7 | 8 6:30 - 7:15 pm Astanga Yoga | 9 |
| 10 | 11 | 12 Walk 15 12:15pm - 12:45pm 5:30pm - 6:30pm Yoga | 13 | 14 | 15 6:30 - 7:15 pm Astanga Yoga | 16 |
| 17 | 18 | 19 Walk 15 12:15pm - 12:45pm 5:30pm - 6:30pm Yoga | 20 How You Rot & Rust 7:15pm - 8:45pm | 21 | 22 6:30 - 7:15 pm Astanga Yoga | 23 MUTU Workshop 1:00pm - 4:00pm |
| 24 | 25 | 26 Walk 15 12:15pm - 12:45pm 5:30pm - 6:30pm Yoga | 27 | 28 | 29 6:30 - 7:15 pm Astanga Yoga | 30 |



Open Meditation - \$5.00 for up to 30 minutes

Mondays and Wednesdays 12:00 pm - 5:30 pm

Tuesdays and Thursdays 9:00 am - 12:00pm

Services

Massage:

- Therapeutic
- Ayurvedic
- Hot Stone
- Prenatal

Facials

CranioSacralTherapy

Infrared Sauna

Aqua Detox