

# February Schedule

TJ "Nada" Williams - Ayurvedic Practitioner  
Appointments and Follow-ups  
Wednesday, February 8, 2017

Mind, Meditation & Happiness  
Saturday, February 11, 2017, 4:30 PM - 6:00 PM

Kapha Workshop  
Sunday, February 12, 2017 2:00 - 4:00 PM

Take Charge of Your (Breast) Health  
Wednesday, February 15, 2017 6:30pm (appetizer pot luck)

7:00 PM - 8:30 PM  
Unlock the Mysteries of the Sanskrit  
Saturday, February 18, 2017, 11:00 AM - 2:00 PM

Heart to Heart - Acro Yoga Therapeutics  
Saturday, February 18, 2017, 4:30 - 6:30 PM

Lama Coulter  
Saturday-Sunday, February 18 -19, 2017, 11:30 AM - 4:30 PM

Pranayama Practice and Mindfulness Meditation  
Saturday, February 25, 2017, 12:00 PM - 2:00 PM

Igniting Your Inner Fire  
Sunday, February 26, 2017, 2:00 PM - 4:00 PM

Sound Bath with Lila  
Sunday, February 26, 2017, 5:30 PM - 7:00 PM