

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

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

Unlock the Mysteries of the Sanskrit
Saturday, February 25, 2017, 11:30 AM - 2:30 PM

NEW MOON CELEBRATION

Spiritual Naturalist Drumming With Arthur Lopex
Saturday, February 25, 2017, 5:30 PM - 7:00 PM

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

Sound Bath with Lila
Sunday, February 26, 2017, 5:00 PM - 6:15 PM

Pranayama Practice and Mindfulness Meditation
Moving to March

Check website and Facebook for schedule additions or changes.