



Sattvic Space
This Week's Classes and Special Events

This Week's Classes

Monday, January 21

9:30-10:45am - **AyurYoga** \$15/13 Portsmouth Residents/pass

5:30-6:45pm - **Yoga for Beginners** - \$15/13 Portsmouth Residents/pass

Tuesday, January 22

Noon-1:15am - **Mindfulness Meditation** – donation

6-7pm - **Restorative Yoga** - \$15/13 Portsmouth Residents/pass

7-9pm - **Reflections on Inner Christianity and Dzogchen Buddhism** – Meeting Room - donations

Wednesday, January 23

6-7:15am - **Mindfulness Meditation** – donation

6:30-7:45pm - **Yoga and Meditation** – donation

Thursday, January 24

6-7pm - **Yoga** (beyond beginner)- \$15/13 Portsmouth Residents/pass

Friday, January 25

6-7:15am - **Mindfulness Meditation** – donation

4:30-5:45 – **Yoga for Stress** – all ages - \$15/13 Portsmouth Residents/pass

5:30-6:20pm – **Holistic Happy Hour** – Free

Saturday, January 26

9:30-11:15am – Mindfulness Meditation – donation

12:30-1:45pm – Salutations Saturday (Yoga & Mantras) **\$5 cash Jan only – last day!**

2-4pm - Dance Drum Meditation Donation (\$10 adults/\$5 15+, 5 and under \$0)

Sunday, January 27

8-9:15am – Mindfulness Meditation – donation

10:30-11:45am – Release and Let It Go - \$10

Upcoming Classes and Events

Envision Board and Crystal Grid Manifesting - 1/28/19 - 6-830pm - \$30 (advance registration, no passes)

Floating Sound Bath: Yoga Swing Experience – 2/3/19 - 4-6pm \$40 (advance registration, no passes)

Spa Day – Feb 9, 2019 – Free & VIP Pamper Me Upgrade. Vendors and Body therapists needed!

Holistic Happy Hour – Fridays in January – Whatever you are dealing with in your life, you don't have to do this alone. Maybe your family and friends don't get you. Or your doctor isn't listening to you. We got you covered! Join us Friday's in January at 530pm and meet the community and Sattvic Wellness Warriors.