



**Sattvic Space**

## **Upcoming Classes and Events**

**MONITOR FACEBOOK & WEB FOR CHANGES!**

See Facebook for details about events!

**Envision Board & Crystal Grid Manifesting** – 1/28/19 - 6-830pm - \$30 (adv registration, no passes)

**Holistic Happy Hour** – 2/1/19 - Salad in a Jar (cost to be determined – watch facebook for details)

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

**Building Intuition to Make Right Decision - Kundalini Yoga** 2/1/19 - 7:30-10pm – Meeting room (Scott St)

**Raga Rockin Kirtan with Wynne Paris – On Tour !** 2/10/19, 7:30-9:30pm - \$10-20 donation

**Spa Day** –VIP Pamper Me Package 2/9/19

### ***Monday, January 28***

6-7:15am - Mindfulness Meditation – donation

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

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

6-830pm - Envision Board and Crystal Grid Manifesting - \$30 (advance register no passes) – **CAFÉ ART**

### ***Tuesday, January 29***

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

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

### ***Wednesday, January 30***

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

6:30-7:45pm - **Yoga and Meditation** (modifications for all levels) – donation

### ***Thursday, January 31***

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

### ***Friday, February 1***

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** – Salad in a Jar \$5-9 SIGN UP REQUIRED - - **CAFÉ ART ROOM**

6:30-8pm - **First Friday New Moon Conscious Collaboration!** – **Donation** Fundraiser for Yoga Room!

7:30-10pm – **Kundalini Yoga – Building Intuition to Make Right Decision** – Meeting room (Scott Street)

\$35 advance/\$40 at the door - - **MEETING ROOM ON SCOTT STREET** White door

### ***Saturday, February 2***

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

12:30-1:45pm – **Salutations Saturday** (Yoga & Mantras) \$15/13 Portsmouth Residents/pass

NO Dance Drum & Meditation until 2/16

### ***Sunday, February 3***

8-9:15am – **Mindfulness Meditation** – donation

4-6pm - **Floating Sound Bath-** Yoga Swing Sound Experience – **advance registration because of limited yoga “swings” \$40 (see facebook)**