



Sattvic Space

Upcoming Classes and Events

MONITOR FACEBOOK & WEB FOR CHANGES!

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)
Spa Day – 2/9/19 – Free & VIP Pamper Me Upgrade. Vendors and Body therapists needed!
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 ! \$10-20 donation

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)**