



**Sattvic Space**  
**This Week's Classes and Special Events**

***Monday, January 7***

9:30-10:45am - **AyurYoga** \$15/13 Portsmouth Residents/pass  
5:30-6:45pm - Yoga for Beginners - \$15/13 Portsmouth Residents/pass  
7-9pm - Sacred Cacao Sound Ceremony - \$30

***Tuesday, January 8***

Noon-1:15am - **Mindfulness Meditation** – donation  
6-7pm - **Restorative Yoga** - \$15/13 Portsmouth Residents/pass

***Wednesday, January 8***

6-7:15am - **Mindfulness Meditation** – donation  
6:30-7:45pm - **Yoga and Meditation** – donation

***Thursday, January 10***

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

***Friday, January 11***

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  
6:30-8:30pm - ART - Mindfulness Manifesting with Mandalas from the Heart - Donation \$10-20

***Saturday, January 12***

9:30-11:15am – Mindfulness Meditation – donation  
12:30-1:45pm – Salutations Saturday (Yoga & Mantras) \$5 cash Jan 5 only  
2-4pm - Dance Drum Meditation Donation (\$10 adults/\$5 15+, 5 and under \$0)

***Sunday, January 13***

8-9:15am – Mindfulness Meditation – donation  
10:30-11:45am – Release and Let It Go - \$10

## **Upcoming Classes and Events**

**Sacred Cacao Sound Ceremony** - 1/7/19 - 7:00-9:00pm \$30 (advance registration, no passes)

**Holistic Happy Hour** - 1/11/19 – Donations appreciated

**Art - Mindful Manifesting with Mandalas from the Heart** - 1/11/19 - Donation \$10-20

**Floating Sound Bath: Yoga Swing Experience** - 1/20/19 - 5:30-7:30pm \$40 (advance registration, no passes)

**Envision Board and Crystal Grid Manifesting** - 1/28/19 - 6-8:30pm - \$30 (advance registration, no passes)