

New Class Schedule Thru May 2020

- Sunday - 10:00 til 10:30 AM Power Chat
- Monday - 10:30 til 10:55 AM Meditation and Affirmation Class
- Monday - 11:00 til 12:00 Restore, Strength, and Stretch Yoga
- Tuesday - 11:00 til 11:30 ? AM EFT Tapping Class
- Wednesday - 11:00 til 11:45 AM Chair Yoga
- Thursday - 11:00 til 11:30 AM Restore, Strength, and Stretch Yoga



PEACE LOVE & JOY ARE IN MY LIFE EVERY DAY IN EVERY WAY

Additional Classes for sciatic, lower back pain, shoulder and knee workshops are TBA

