

WINTER WELLNESS SAMPLER

MINI SESSIONS AT MINI PRICES!

JAN 25, 2025

1-4PM

YOGA & MEDITATION

(\$15/class)

SLOW FLOW W/ SOUND BOWLS
WITH APRIL ROPES

VINYASA FLOW
WITH APRIL ROPES

YOGA THERAPY CLASS
WITH LAUREN OLIVER

**SIGN UP FOR YOGA CLASSES
& WORKSHOPS ONLINE,
CALL GUEST SERVICES FOR
MINI SESSIONS!**

WORKSHOP

(\$20/person)

EXPLORE LIFESTYLE MEDICINE & THE PILLARS OF WELLNESS
WITH DR. BETH BIGGEE, MD

PRIVATE MASSAGE & BODY AWARENESS

(\$20-\$25/person)

MINI MESSAGES WITH MELISSA ANGEL AND CAT MARTIN

MINI REIKI SESSIONS WITH DEB CARROLL

MINI ALEXANDER TECHNIQUE SESSIONS WITH CATHY FALLON

ACUPUNCTURE

(\$20-\$50/person)

COMMUNITY ACUPUNCTURE WITH DANIELLE CADARETTE

TRADITIONAL & COSMETIC ACUPUNCTURE

