



2025

November

Massages & Energy Work
Available By Appointment

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 4PM Sound Bath w Michele
3	4  6 to 7:30PM *Crystal Class w/ Sandy*	5 10AM Restorative Yoga w/ Reiki Healing	6 10:15AM Story Time in the Cave	7	8	9
10	11 6PM Guided Meditation & Energy Healing w/ Kara	12 10AM Restorative Yoga w/ Reiki Healing 6PM Chakra Activation Workshop w/ Brooke	13 10:15AM Story Time in the Cave	14	15  12PM *Amplify Your Health w/ Sandy* Nutrition & Wellness Class	16 4:15PM Sound Bath w Krystle
17	18 5:15PM Breathe & Tap In Kids Class 8yrs+	19 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	20 10:15AM Story Time in the Cave	21	22	23 3PM Past Life Meditation w/ Neysha
24	25 BLACK FRIDAY BOUTIQUE SALE!!! 	26 BLACK FRIDAY BOUTIQUE SALE!!! 	27  CLOSED Happy Thanksgiving 	28 BLACK FRIDAY BOUTIQUE SALE!!! 	29  SMALL BUSINESS SATURDAY GIFT CARD SALE!!!	30  SMALL BUSINESS SATURDAY GIFT CARD SALE CONT!!! 3 to 4:30PM Spiritual Development w/ Neysha