



2026

March

Massages & Energy Work
Available By Appointment

Must call to book with a gift card
724-260-0472

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 6PM Guided Meditation & Energy Healing w/ Kara	4 10AM Restorative Yoga w/ Reiki Healing	5	6 10:15AM Story Time in the Cave 6PM Sound Bath/w Krystle	7	8
9 5PM Roselight Sound Bath w/Jeanine	10	11 10AM Restorative Yoga w/ Reiki Healing	12 6PM Restorative Yoga w/ Reiki Healing	13	14	15 4:30PM Sound Bath/w Krystle
16	17	18 10AM Restorative Yoga w/ Reiki Healing 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	19 6PM Past Life Meditation w/ Neysha	20 10:15AM Story Time in the Cave	21 4:00PM KIDS CLASS Breathe & Tap In	22 3 to 4:30PM Spiritual Development w/Neysha
23	24	25 10AM Restorative Yoga w/ Reiki Healing	26 6PM Restorative Yoga w/ Reiki Healing	27 6PM Roselight Sound Bath w/Jeanine	28	29
30	31					



2026 April

Massages & Energy Work
Available By Appointment

Must call to book with a gift card
724-260-0472

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>Closed on Mondays</i> Open for special events & private bookings</p>		<p>1 10AM Restorative Yoga w/ Reiki Healing</p>	2	<p>3 10:15AM Story Time in the Cave</p> <p>6PM Sound Bath/w Krystle</p>	4	5
	6	<p>7 6PM Guided Meditation & Energy Healing w/ Kara</p>	<p>8 10AM Restorative Yoga w/ Reiki Healing</p>	<p>9 6PM Restorative Yoga w/ Reiki Healing</p>	10	<p>11 4:00PM KIDS CLASS Breathe & Tap In</p>
13	14	<p>15 10AM Restorative Yoga w/ Reiki Healing</p> <p>6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke</p>	16	17	18	<p>19 4:30PM Sound Bath/w Krystle</p>
20	21	<p>22 10AM Restorative Yoga w/ Reiki Healing</p>	<p>23 6PM Restorative Yoga w/ Reiki Healing</p>	<p>24 10:15AM Story Time in the Cave</p>	25	<p>26 3 to 4:30PM Spiritual Development w/Neysha</p>
27	28	<p>29 10AM Restorative Yoga w/ Reiki Healing</p> <p>6PM Past Life Meditation w/ Neysha</p>	30			