



2026

August

Massages & Energy Work
Available By Appointment

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 10AM Restorative Yoga w/Reiki Healing	6 6PM Belly Dancing Class w/ Sandra	7 6PM Sound Bath w/Krystle	8
9 3PM Past Life Meditation w/ Neysha	10	11 6PM Guided Meditation & Energy Healing w/ Kara	12 10AM Restorative Yoga w/Reiki Healing	13	14	15
16 430PM Sound Bath w/Krystle	17	18	19 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	20 6PM Belly Dancing Class w/ Sandra	21	22
23 3 to 4:30PM Spiritual Development w/Neysha	24 31 Sandy b-day!	25	26 10AM Restorative Yoga w/Reiki Healing 6PM Past Life Meditation w/ Neysha	27 6:30pm Rose Light Sound Bath w/Jeanine	28	29



2026

September

Massages & Energy Work
Available By Appointment

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 10AM Restorative Yoga w/Reiki Healing	3 1015AM StoryTime in the Cave! 6PM Belly Dancing Class w/ Sandra	4 6PM Sound Bath w/Krystle	5
6	7	8 6PM Guided Meditation & Energy Healing w/ Kara	9 10AM Restorative Yoga w/Reiki Healing	10 630PM Rose Light Sound Bath w/Jeanine	11	12
13 3PM Past Life Meditation w/ Neysha	14	15	16 10AM Restorative Yoga w/Reiki Healing 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	17 6PM Belly Dancing Class w/ Sandra	18	19
20 430PM Sound Bath w/Krystle	21	22	23 10AM Restorative Yoga w/Reiki Healing	24 1015AM StoryTime in the Cave!	25	26 9AM Restorative Yoga w/Reiki Healing 1015AM Kids Breathe & Tap In
27 3 to 4:30PM Spiritual Development w/Neysha	28	29	30 10AM Restorative Yoga w/Reiki Healing 6PM Past Life Meditation w/ Neysha			