



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 10:15AM StoryTime in the Cave! 6PM Belly Dancing 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	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 w/ Sandra	18	19
20 430PM Sound Bath w/Krystle	21	22 6PM Channeling Circle w/ Kara	23 10AM Restorative Yoga w/Reiki Healing	24 10AM StoryTime in the Cave!	25	26  9AM Restorative Yoga w/Reiki Healing
27 3 to 4:30PM Spiritual Development w/Neysha	28	29	30 10AM Restorative Yoga w/Reiki Healing 6PM Past Life Meditation w/ Neysha			



2026 October

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6PM Belly Dancing Class w/ Sandra	2 6PM Sound Bath w/Krystle	3
4	5	6	7 10AM Restorative Yoga w/Reiki Healing	8 1015AM StoryTime in the Cave!	9	10
11 430PM Rose Light Sound Bath w/Jeanine!	12	13 6PM Guided Meditation & Energy Healing w/ Kara	14 10AM Restorative Yoga w/Reiki Healing	15 6PM Belly Dancing Class w/ Sandra	16	17
18 430PM Sound Bath w/Krystle	19	20 6PM Channeling Circle w/ Kara	21 10AM Restorative Yoga w/Reiki Healing 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	22 1015AM StoryTime in the Cave!	23	24  9AM Restorative Yoga w/Reiki Healing 10:15AM Kids Breathe & Tap In
25 3 to 4:30PM Spiritual Development w/Neysha	26	27	28 10AM Restorative Yoga w/Reiki Healing 6PM Past Life Meditation w/ Neysha	29	30	31 