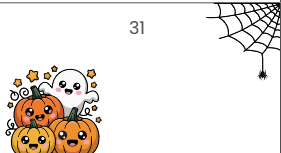




2026 October

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 6PM Belly Dancing Class w/ Sandra	2 6PM Sound Bath w/Krystle	3
4 3 to 4:30PM Spiritual Development w/Neysha	5	6	7 10AM Restorative Yoga w/Reiki Healing	8 10am StoryTime in the Cave! 6PM Channeling Circle w/ Kara	9	10 10am Kids Salt Cave Session !
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	21 10AM Restorative Yoga w/Reiki Healing 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	22	23	24
25 3 to 4:30PM Spiritual Development w/Neysha	26	27 6PM Channeling Circle w/ Kara	28 10AM Restorative Yoga w/Reiki Healing 6PM Past Life Meditation w/ Neysha	29 10am StoryTime in the Cave! 6PM Channeling Circle w/ Kara	30	31 



2026 November

Massages & Energy Work
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 10AM Restorative Yoga w/Reiki Healing	5 6PM Belly Dancing Class w/ Sandra	6 6PM Sound Bath w/Krystle	7
8 3PM Past Life Meditation w/ Neysha	9	10 6PM Channeling Circle w/ Kara	11 10AM Restorative Yoga w/Reiki Healing	12 10am StoryTime in the Cave!	13	14
15 9:30AM Roselight Sound Bath w/J9	16	17	18 10AM Restorative Yoga w/Reiki Healing 6PM - Sound Bath Brooke 7:15PM - Sound Bath Brooke	19	20	21
22 3PM Past Life Meditation w/ Neysha	23	24 6PM Channeling Circle w/ Kara	25 10AM Restorative Yoga w/Reiki Healing	26  Thanksgiving	27  Black Friday	28 Small Business Saturday
29 3 to 4:30PM Spiritual Development w/Neysha	30		★ ★ ask us about ★ scheduling your ★ own movement ★ class ★			