Salt OF THE EARTH

2026

November

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 **10AM** **Restorative Yoga w/Reiki Healing**	5 **10am** **StoryTime in the Cave!**	6	7
8 **3PM** **Past Life Meditation w/ Neysha**	9	10 **6PM** **Channeling Circle w/ Kara**	11 **10AM** **Restorative Yoga w/Reiki Healing**	12 **6PM** **Belly Dancing Class w/ Sandra**	13 **6PM** **Sound Bath w/Krystle**	14
15	16	17	18 **10AM** **Restorative Yoga w/Reiki Healing** **6PM - Sound Bath Brooke** **7:15PM - Sound Bath Brooke**	19	20	21 **9am** **The Sacred Reset: Beaver Moon Supermoon Activation w/Neysha**
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**			

Salt OF THE EARTH

2026

December

Massages & Energy Work
Available By Appointment

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ask us about scheduling your own movement class	1	2 **10AM** **Restorative Yoga w/Reiki Healing**	3 **10am** **StoryTime in the Cave!**	4	5
6	7	8 **6PM** **Channeling Circle w/ Kara**	9 **10AM** **Restorative Yoga w/Reiki Healing**	10 **6PM** **Belly Dancing Class w/ Sandra**	11 **6PM** **Sound Bath w/Krystle**	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 **10am** **StoryTime in the Cave!**	18	19
20	21	22	23 **10AM** **Restorative Yoga w/Reiki Healing**	24 **Holiday hours 10am-3pm**	25 Christmas	26
27 **3 to 4:30PM** **Spiritual Development w/Neysha**	28	29 **6pm-8pm** **Integrative Wellness Workshop w/Sandra**	30 **10AM** **Restorative Yoga w/Reiki Healing** **6PM** **Past Life Meditation w/ Neysha**	31 Happy New Year **Holiday hours 10am-3pm**		