



Seven-Day Cleanse November 1st - 8th

Sunday, November 4th • Sound Healing Workshop with Greg and Carey  
7:00PM - 8:00PM • \$20 early registration, \$25 day of event

Sunday, November 11th • Connected Breath Circle with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event

Saturday, November 17th • Pelvic Floor Savvy with Dr. Crystal Frazee  
11:15AM - 1:45PM • \$45 early registration, \$50 day of event

Saturday, November 17th • ATS American Tribal Belly Dance with Sharon  
2:00PM - 4:00PM • \$30 early registration, \$35 day of event

Sunday, November 18th • Sound Healing Workshop with Greg and Carey  
7:00PM - 8:00PM • \$20 early registration, \$25 day of event

Friday, November 30th • Connected Breath Circle with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event

Saturday, December 8th & Sunday, December 9th • Mindful Pain Relief Retreat with Dr. Crystal Frazee, PT 9:00AM - 3:00PM with lunch break at 12:00noon • \$299 • Register early! Limit 6

**2018 CHRISTMAS BOUTIQUE • Saturday, December 8th • 4:00 - 7:00PM**

Support local: Join artisans for community and an evening of shopping and refreshments!

Be prepared to find perfect gifts: art, crafts, jewelry, fair trade gifts,  
Otherworldly Botanicals, Bodhi Tree Juices, and more!

Sunday, December 9th • Connected Breath Circle with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event

Friday, December 14th • Tai Chi Workshop with Bill Chesnic  
6:00PM - 7:30PM • \$25 early registration, \$30 day of event

Sunday, December 16th • Belly Dance for the Holidays with Sharon  
4:30PM - 6:00PM • \$25 early registration, \$30 day of event

Friday, December 21st • Connected Breath Circle with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event

Sunday, December 28th • Sound Healing Workshop with Greg and Carey  
6:00PM - 7:00PM • \$20 early registration, \$25 day of event

## NEW YEARS DAY

\$15 11:00AM-11:45AM Intentional Flow

\$10 12:00PM-12:30PM Music and Intention for the New Year

\$25 12:45PM - 2:15PM Breathe in the New Year! Connected breath circle)  
(or) Save \$5 and attend all three sessions for \$45

Visit our website  
[lakeshoreyoga.com/  
events](http://lakeshoreyoga.com/events)  
for complete  
workshop and event  
descriptions