

**M A R C H**

**Friday, March 1st • Breath Embodiment with Carey and Greg**

**6:00PM — 8:00PM • \$25 early registration, \$30 day of event**

Experience this accelerated healing modality that naturally releases energetic blockages, providing long-lasting healing at the root cause. Conscious Breathwork is an extremely powerful technique based on circular/connected breathing. By connecting with your higher self and source energy, you will be able to access expanded states of consciousness, where clarity and insights are able to shine through. Experience major shifts and healing in just one session! You will be lying down for most of the session, please bring anything to make you more comfortable (pad, blanket, pillow, eye mask, etc.) No experience required.

**Sunday, March 10th • Intro to Aerial Fun with Carey**

**11:30AM — 12:30PM • \$25**

Plan to play! Take yourself high, build strength, flexibility, finding balance within gravity's nature, boosting your immunity and energy releasing fear upside down!

**Sunday, March 10th • Sacred Sound Medicine with Greg and Carey**

**7:00PM — 8:15PM \$20 a person, \$5 discount for each additional family member**

Using the didgeridoo, guitar, gong, and Tibetan bowls to clear unwanted negative energy and tune the body to function harmoniously, sound healing is powerful, effective, relaxing and fun! Sound healing opens and aligns chakra centers while giving one a sense of peace and restoration. It has been known to clear anxiety, depression, heal pain, and trigger memories that have been long since forgotten.

**Friday, March 17th • Intro to Every Day Ayurveda with Janina**

**6:00PM — 7:30PM • \$25 early registration, \$30 day of event**

Learn to read the patterns of the universe as they exist in your body and mind. We explore the different Doshas: Vata, Pitta and Kapha; its routines, lifestyle choices and diet. Gain a new understanding of the elements earth, water, fire, air and ether.

**Monday, March 18th • Tension Release with Carey**

**7:00PM — 8:30PM • \$20**

Carey will present some creative tips on using an ordinary tennis ball or golf ball to self-treat muscle knots and myofascial trigger points for tension release. These are both beneficial and fun!

**Friday, March 22nd • Yin & Sacred Sound Medicine with Carey and Greg**

**6:00PM — 8:00PM • \$30**

Combine your Yin Yoga practice with sound healing for a powerful, effective, relaxing and fun evening! Using the didgeridoo, guitar, gong, and Tibetan bowls to clear unwanted negative energy and tune the body to function harmoniously, sound healing opens and aligns chakra centers while giving one a sense of peace and restoration.

**Sunday, March 24th • Personal Transformation Through Meditation with Amey Horning**

**4:30PM — 5:30PM • \$15 early registration, \$20 day of event. Register early! Class size limited to 15.**

Learn how to take your meditation practice to the next level.

## 2019 March/April Workshops

### **Sunday, March 24th • Breath Embodiment with Carey and Greg**

**6:00PM — 8:00PM • \$25 early registration, \$30 day of event**

Experience this accelerated healing modality that naturally releases energetic blockages, providing long-lasting healing at the root cause. Conscious Breathwork is an extremely powerful technique based on circular/connected breathing. By connecting with your higher self and source energy, you will be able to access expanded states of consciousness, where clarity and insights are able to shine through. Experience major shifts and healing in just one session! You will be lying down for most of the session, please bring anything to make you more comfortable (pad, blanket, pillow, eye mask, etc.) No experience required.

## **A P R I L**

### **Friday, April 12th • Sacred Sound Medicine with Greg and Carey**

**7:00PM — 8:15PM \$20 a person, \$5 discount for each additional family member**

Using the didgeridoo, guitar, gong, and Tibetan bowls to clear unwanted negative energy and tune the body to function harmoniously, sound healing is powerful, effective, relaxing and fun! Sound healing opens and aligns chakra centers while giving one a sense of peace and restoration. It has been known to clear anxiety, depression, heal pain, and trigger memories that have been long since forgotten.

### **Sunday, April 14th • Ayurveda & Yoga with Janina**

**6:00PM — 7:30PM • \$25 early registration, \$30 day of event**

The restless, constantly moving Vata type, the heated, ambitious Pitta type or the easy going, comfortable Kapha type—everyone needs its individual asana in his/her own yoga practice to stay in balance. During this workshop we will explore a 20-minute flow for each Ayurveda type (Dosha), stimulating mantras and breath work with Dosha specific tunes in the background.

### **Friday, April 19th • Breath Embodiment with Carey and Greg**

**6:00PM — 8:00PM • \$25 early registration, \$30 day of event**

Experience this accelerated healing modality that naturally releases energetic blockages, providing long-lasting healing at the root cause. Conscious Breathwork is an extremely powerful technique based on circular/connected breathing. By connecting with your higher self and source energy, you will be able to access expanded states of consciousness, where clarity and insights are able to shine through. Experience major shifts and healing in just one session! You will be lying down for most of the session, please bring anything to make you more comfortable (pad, blanket, pillow, eye mask, etc.) No experience required.

### **Friday, April 26th • Intro to Acro Yoga with Julia Fisher & Melissa Olinghouse**

**7:00PM — 9:00PM • \$25 per person**

Form new friendships, build trust, connect and support each other! Enjoy playfulness and empowerment. Not necessary to register with a partner.

### **Sunday, April 28th • Yin & Sacred Sound Medicine with Carey and Greg**

**6:00PM — 8:00PM • \$30**

Combine your Yin Yoga practice with sound healing for a powerful, effective, relaxing and fun evening! Using the didgeridoo, guitar, gong, and Tibetan bowls to clear unwanted negative energy and tune the body to function harmoniously, sound healing opens and aligns chakra centers while giving one a sense of peace and restoration.

**Plan ahead for a 7-Day Spring Cleanse for your mind, body, and spirit May 7th-13th**