

# Willow Tree Medicine

## AUGUST 2021 EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Breathe + Flow 6 PM	3 Yoga - 7 PM	4 Yoga - 8:45 AM	5 Journey Circle 7 PM	6 Movement + Meditation 5:30 PM	7 Community Yoga 9 AM Oracle 12 PM Yoga + Reiki 2:30PM
8	9 Breathe + Flow 6 PM	10 Yoga - 7 PM	11 Yoga - 8:45 AM	12 Intuitive Awareness 6 PM	13 Movement + Meditation 5:30 PM	14 Community Yoga 9 AM
15	16 Breathe + Flow 6 PM	17 Yoga - 7 PM	18 Yoga - 8:45 AM	19 The Round Table 6 PM	20 Movement + Meditation 5:30 PM	21 Community Yoga 9 AM
22	23 Breathe + Flow 6 PM	24 Yoga - 7 PM	25 Yoga - 8:45 AM Restorative Yoga 5:30 PM	26 Sisterhood Circle 6 PM	27 Movement + Meditation 5:30 PM	28 Community Yoga 9 AM Cleansing & Blessing 2 PM
29	30 Breathe + Flow 6 PM	31 Yoga - 7 PM	1 Yoga - 8:45 AM	2 Journey Circle 7 PM	3 Movement + Meditation 5:30 PM	4 Community Yoga 9AM Reiki 1 10AM



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The Round Table - A group for men. This is a new group created for men to gather in community. Rather than set parameters or definitions, we are going to allow the group to grow and define itself organically.

Sisterhood Circle - Each month Global Sisterhood provides us with a different theme to explore.

Reiki Classes - See our website for more information

Yoga Foundations - An introduction to the fundamental principles in a flowing sequence of postures and breathwork. For all skill levels.

Yoga - Breathe + Flow - A focus on breath and feeling, his class offers accessible alignment dues that invite you to engage and feel your flow. Along with asana practice, this class includes opportunities for pranayama and meditation. All bodies and levels welcome

Yoga - Movement + Meditation - This gentle class begins with a check in and connection followed by a warm up and 15 min yoga movement class to prepare the body for a guided 30 minute meditation designed to bring participants into a sense of inner stillness and peace.

Community Yoga - This is a donation based community yoga class for all bodies and skill levels. This class may be taught outside when possible.

Journey Circle - To the beat of a live drum, journey to the Spirit world, meet with a power animal, and dive deep into your subconscious.

Oracle Reading Practice - Practice your oracle reading skills in a group setting.

Intuitive Awareness Group - Each meeting we will be doing a variety of exercises to tap into the wellspring of intuition found in every soul.