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| Classes, Yoga & Special Events ~ November 2019Pre-registration required for most classes. Please call 508-362-8000 to register or purchase tickets online. |
| Sun |  | Mon |  | Tue |  | Wed |  | Thu |  | Fri |  | Sat |
| Oct 27TheFrequenciesHealingProject w/ Linda Burgess2-4pm $33 |  | **28 NEW MOON****New Moon Meditation** **7-8:30 pm $25** |  | **29 Gentle Yoga****5:30-6:30pm $14****Crystal Skull Magic ~ 2 Wk Playshop** **$88 7-9pm** |  | **30** **Finding Your Voice – Throat Chakra Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **31 Halloween****Gentle Yoga****5:30-6:30pm $14****X** |  | **November 1****Restorative Yoga** **6-7pm****$14** |  | 2 Psychic Fair 11am-4pmCrystal Bowl Meditation w/ Kathleen Warren4:30-6pm $20 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3Magical Mystical Meditations w/ the Masters w/ Diandra Heart3-4pm $25 |  | **4 Goddess Blessing: Connection and Messages with the Divine Feminine****7-9:30 pm $33** |  | **5 Gentle Yoga****5:30-6:30pm $14****Crystal Skull Magic ~** **2 Night Playshop** **7-9pm** |  | **6****Opening Your 3rd Eye – 3rd Eye****Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **7****Gentle Yoga****5:30-6:30pm $14****x** |  | **8****Restorative Yoga** **6-7pm****$14** |  | 9Join us at the Natural Living Expo 9am-6pmMarlborough, MA |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 Join us at the Natural Living Expo 10am-5pmMarlborough, MA |  | **11****Full Moon Meditation** **7-8:30 pm $25** |  | **12** **FULL MOON****Gentle Yoga****5:30-6:30pm $14****x** |  | **13****Expanding Your Awareness -Crown Chakra Reiki & Sound Meditation****7-9pm $25** |  | **14****Gentle Yoga****5:30-6:30pm $14****x** |  | **15****Restorative Yoga** **6-7pm****$14** |  | 16Crystals From Around the World Crystal Show10am-5pm |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17Special 2 hour Channeled Blue Ray Tonal Meditations for Healing w/ Mary Michel 6-8pm $33 |  | **18****Goddess Blessing: Connection and Messages with the Divine Feminine****7-9:30 pm $33** |  | **19****Gentle Yoga****5:30-6:30pm $14****Feng Shui Magic 2 Week Playshop****7-9pm****$77** |  | **20** **Grounding – Root Chakra Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **21****Gentle Yoga****5:30-6:30pm $14****Discovering Your Divine Life Purpose 7-9pm $44** |  | **22 Restorative Yoga** **6-7pm $14****Yoga Nidra** **7:15-8:15pm $14** |  | 23 Empowering the Empath: The Essentials 10:30am-12:30pm $44Empowering the Empath 2: Going Deeper 1:30-4:30pm $50 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24TheFrequenciesHealingProject w/ Linda Burgess2-4pm $33 |  | **25** **New Moon Meditation** **7-8:30 pm $25** |  | **26** NEW MOON**Gentle Yoga****5:30-6:30pm $14****Feng Shui Magic 2 Week Playshop****7-9pm** |  | **27** **Finding Your Joy – Sacral Chakra****Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **28 Thanksgiving****CLOSED** |  | **29 Black Friday****Restorative Yoga** **6-7pm****$14** |  | 30Small Business Saturday |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dec 1Magical Mystical Meditations w/ the Masters w/ Diandra Heart 3-4pm $25 |  | **2****Goddess Blessing: Connection and Messages with the Divine Feminine****7-9:30 pm $33** |  | **3****Gentle Yoga****5:30-6:30pm $14** |  | **4****Personal Empowerment – Solar Plexus** **Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **5****Gentle Yoga****5:30-6:30pm $14****Opening Doors to Past Lives****7-9pm $35** |  | **6****Restorative Yoga** **6-7pm****$14** |  | 7Psychic Fair 11am-4pmCrystal Bowl Meditation w/ Kathleen Warren4:30-6pm $20 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  | **9****Full Moon Meditation** **7-8:30 pm $25** |  | **10****Gentle Yoga****5:30-6:30pm $14** |  | **11****Heart Healing – Heart Chakra****Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **12****Gentle Yoga****5:30-6:30pm $14** |  | **13****Restorative Yoga** **6-7pm****$14** |  | 14 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15Channeled Blue Ray Tonal Meditations for Healing w/ Mary Michel 6-7pm $25 |  | **16****Goddess Blessing: Connection and Messages with the Divine Feminine****7-9:30 pm $33** |  | **17 Gentle Yoga****5:30-6:30pm $14** |  | **18****Finding Your Voice – Throat Chakra Crystal, Reiki & Sound Meditation****7-9pm $25** |  | **19 Gentle Yoga****5:30-6:30pm $14** |  | **20****Restorative Yoga** **6-7pm****$14** |  | **21** |