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| Classes, Yoga & Special Events ~ November 2019  Pre-registration required for most classes. Please call 508-362-8000 to register or purchase tickets online. | | | | | | | | | | | | |
| Sun |  | Mon |  | Tue |  | Wed |  | Thu |  | Fri |  | Sat |
| Oct 27  TheFrequenciesHealingProject w/ Linda Burgess  2-4pm $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-4pm  Crystal Bowl Meditation w/ Kathleen Warren  4:30-6pm $20 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3  Magical Mystical Meditations w/ the Masters w/ Diandra Heart  3-4pm $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** |  | 9  Join us at the  Natural Living Expo 9am-6pm  Marlborough, MA |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10  Join us at the  Natural Living Expo 10am-5pm  Marlborough, 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** |  | 16  Crystals From Around the World Crystal Show  10am-5pm |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17  Special 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 $44  Empowering the Empath 2: Going Deeper 1:30-4:30pm $50 |
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| 24  TheFrequenciesHealingProject w/ Linda Burgess  2-4pm $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** |  | 30  Small Business Saturday |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dec 1  Magical 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** |  | 7  Psychic Fair  11am-4pm  Crystal Bowl Meditation w/ Kathleen Warren  4:30-6pm $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 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15  Channeled 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** |