2024

06 JUNE

						1 IntuitionRetreat p.1 w/Erin+Stacy 9:30am-1 pm haus+salt cave
2	3	4 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	5 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	6 Yoga Nidra with NANCY (salt cave) 7-8 pm	7 Slow flow yoga w/Debbi (haus) 9-10 am Women's Circle w/Kirsten (salt cave) 10-11:30 am	8 Cacao Ceremony +Sound Healing w/Judit (haus+salt cave 2-4:30 pm
9	10 Muktananda Chanting Meditation w/Daniel (salt cave) 7-8:30 pm	11 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	12 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	13 Restorative Yin Yoga (salt cave) w/Nancy 7-8 pm	14 Slow flow yoga w/Debbi (haus) 9-10 am	15
16	17 Muktananda Chanting Meditation w/Daniel (salt cave) 7-8:30 pm	18 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	19 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am Full Moon Circle w/Kirsten (salt cave) 7-8:30 pm	20 Summer Solstice Celebration: Live Music, Breathwork, Bonfire w/Daniel, Arul, Erin	21 Slow flow yoga w/Debbi (haus) 9-10 am	22 Family Constellations w/Marine 2-6 pm (salt cave)
Family Constellations w/Marine 12-4 pm (salt cave) 23 30 Chakra Series w/Debbi 4:30-6 pm Full Moon Kundalini Dance Party w/Erin 7-8:30 pm	24 Muktananda Chanting Meditation w/Daniel (salt cave) 7-8:30 pm	25 Kundalini Yoga w/Erin (salt cave) 9:30-10:30 am	26 Kundalini Yoga w/Tara (salt cave) 9:30-10:40 am	27 Restorative Yin Yoga (salt cave) w/Nancy 7-8 pm	28 Slow flow yoga w/Debbi (haus) 9-10 am	29

NOTE

TO DO LIST