

Breathe Salt Rooms/American Lung Association
Partnership Workshop @ Park Ave, Katonah, and Dobbs

Ferry Locations

Thursday, July 6th [Lung Force Salty Yoga](#) 6:30pm-7:30pm

Katonah Workshops

Monday, July 10th [Saltsational Guided Meditation](#) 10:00am-10:30am

Monday, July 10th [Saltsational Guided Meditation](#) 7:00pm-7:30pm

Monday, July 17th [Saltsational Guided Meditation](#) 7:00pm-7:30pm

Tuesday, July 18th [Salt & Sound Bath](#) 7:00pm-8:00pm

Wednesday, July 19th [Salty Healing Circle](#) 7:00pm-9:00pm

Monday, July 24th [Saltsational Guided Meditation](#) 10:00am-10:30am

Monday, July 24th [Saltsational Guided Meditation](#) 7:00pm-7:30pm

Thursday, July 27th [Group Energy Healing](#) 6:30pm-8:00pm

Park Ave Workshops

Monday, July 10th [Salty Yoga](#) 7:00pm-8:00pm

Thursday, July 20th [Salty Pranayama](#) 7:00pm-8:00pm

Wednesday, July 26th [Salt & Sound Bath](#) 7:00pm-8:00pm

Monday, July 31st [Salty Yoga](#) 7:00pm-8:00pm

Dobbs Ferry Workshops

Thursday, July 20th [Salt & Sound Bath](#) 7:00pm-8:00pm

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Hover over the class, click on the link and
reserve your spot