

# Salty Workshops August 2017

## Park Ave Workshops

Thursday, Aug 3 <sup>rd</sup>	<a href="#"><u>Salty Pranayama</u></a>	7:00pm-8:00pm
Tuesday, Aug 8 <sup>th</sup>	<a href="#"><u>Salty Yoga &amp; Meditation</u></a>	7:00pm-8:00pm
Monday, Aug 14 <sup>th</sup>	<a href="#"><u>Salty Yoga</u></a>	7:00pm-8:00pm
Wednesday, Aug 23 <sup>rd</sup>	<a href="#"><u>Salty Yoga</u></a>	7:00pm-8:00pm

## Katonah Workshops

Monday, Aug 7 <sup>th</sup>	<a href="#"><u>Saltsational Meditation</u></a>	10:00am-10:30am
Monday, Aug 7 <sup>th</sup>	<a href="#"><u>Saltsational Meditation</u></a>	7:00pm-7:30pm
Monday, Aug 21 <sup>st</sup>	<a href="#"><u>Saltsational Meditation</u></a>	10:00am-10:30am
Monday, Aug 21 <sup>st</sup>	<a href="#"><u>Saltsational Meditation</u></a>	7:00pm-7:30pm
Wednesday, Aug 23 <sup>rd</sup>	<a href="#"><u>Salty Healing Circle</u></a>	7:00pm-9:00pm
Thursday, Aug 24 <sup>th</sup>	<a href="#"><u>Group Energy Healing</u></a>	6:30pm-8:00pm

## Dobbs Ferry Workshops

Friday, Aug 18 <sup>th</sup>	<a href="#"><u>Salty Yoga</u></a>	5:00pm-6:00pm
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Hover over the class, click on the link and reserve your spot

AUGUST 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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		