



Salty Workshops

October 2017

Park Ave Workshops

Tuesday, Oct 3rd	<u>Salty Pranayama w/Laila</u>	7:00pm-8:00pm
Thursday, Oct 5th	<u>Salty Yoga w/ Holistic Happening</u>	7:00pm-8:00pm
Wednesday, Oct 11th	<u>Salty Yoga w/ Masako</u>	7:00pm-8:00pm
Friday, Oct 13th	<u>Salt & Sound Bath w/ Alexis</u>	7:00pm-8:00pm
Monday, Oct 23rd	<u>Salty Yoga w/ Masako</u>	7:00pm-8:00pm

Dobbs Ferry Workshops

Thursday, Oct 5th	<u>Salty Yoga w/ Saori</u>	7:00pm-8:00pm
Thursday, Oct 12th	<u>Salty Yoga w/ Kiara</u>	7:00pm-8:00pm
Thursday, Oct 19th	<u>Salty Yoga w/ Saori</u>	7:00pm-8:00pm
Thursday, Oct 26th	<u>Salty Yoga w/ Kiara</u>	7:00pm-8:00pm

Katonah Workshops

Wednesday, Oct 4th	<u>Salty Healing Circle w/Gene</u>	7:00pm-9:00pm
Monday, Oct 9th	<u>Saltsational Meditation w/Amy</u>	7:00pm-7:30pm
Thursday, Oct 12th	<u>Group Energy Healing w/Gene</u>	6:30pm-8:00pm
Monday, Oct 23rd	<u>Saltsational Meditation w/Amy</u>	7:00pm-7:30pm

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

OCTOBER 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				