

# Salty Wellness Classes

## November 2017

Park Avenue			
<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Wednesday, Nov 1 <sup>st</sup>	Danielle	<a href="#">Salty Yoga + Meditation</a>	7:00pm-8:00pm
Tuesday Nov 7 <sup>th</sup>	Alexis	<a href="#">Salt &amp; Sound</a>	7:00pm-8:00pm
Wednesday, Nov 8 <sup>th</sup>	Masako	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Friday, Nov 10 <sup>th</sup>	Emily	<a href="#">Salty Healing-Breath Work</a>	6:30pm-8:00pm
Monday, Nov 20 <sup>th</sup>	Masako	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Dobbs Ferry			
<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Thursday, Nov 2 <sup>nd</sup>	Kiara	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Thursday, Nov 9 <sup>th</sup>	Saori	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Tuesday, Nov 14 <sup>th</sup>	Danielle	<a href="#">Salty Yoga</a>	6:30pm-7:30pm
Thursday, Nov 16 <sup>th</sup>	Saori	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Tuesday, Nov 21 <sup>st</sup>	Danielle	<a href="#">Salty Yoga</a>	6:30pm-7:30pm
Thursday, Nov 30 <sup>th</sup>	Kiara	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Katonah			
<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Wednesday, Nov 1 <sup>st</sup>	Gene Krackel	<a href="#">Salty Healer's Circle</a>	7:00pm-9:00pm
Friday, Nov 3 <sup>rd</sup>	Zinnia	<a href="#">Salty Yoga</a>	6:00pm-7:00pm
Monday, Nov 6 <sup>th</sup>	Amy	<a href="#">Salty Meditation</a>	7:00pm-7:30pm
Wednesday, Nov 8 <sup>th</sup>	Gene Krackel	<a href="#">Group Energy Healing</a>	6:30pm-8:00pm
Friday, Nov 17 <sup>th</sup>	Zinnia	<a href="#">Salty Yoga</a>	6:00pm-7:00pm
Monday, Nov 20 <sup>th</sup>	Amy	<a href="#">Salty Meditation</a>	7:00pm-7:30pm

# Salty Wellness Classes

# December 2017

## Park Avenue

<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Monday, Dec 4 <sup>th</sup>	Masako	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Tuesday, Dec 5 <sup>th</sup>	Alexis	<a href="#">Salt &amp; Sound</a>	7:00pm-8:00pm
Wednesday, Dec 6 <sup>th</sup>	Holistic Happening	<a href="#">Salty Yoga + Meditation</a>	7:00pm-8:00pm
Friday, Dec 8 <sup>th</sup>	Emily	<a href="#">Salty Healing Breathwork</a>	6:30pm-8:00pm
Monday, Dec 18 <sup>th</sup>	Masako	<a href="#">Salty Yoga</a>	7:00pm-8:00pm

## Dobbs Ferry

<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Tuesday, Dec 5 <sup>th</sup>	Danielle	<a href="#">Salty Yoga</a>	6:30pm-7:30pm
Thursday, Dec 7 <sup>th</sup>	Saori	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Tuesday, Dec 12 <sup>th</sup>	Danielle	<a href="#">Salty Yoga</a>	6:30pm-7:30pm
Thursday, Dec 14 <sup>th</sup>	Saori	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Thursday, Dec 21 <sup>st</sup>	Kiara	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Thursday, Dec 28 <sup>th</sup>	Kiara	<a href="#">Salty Yoga</a>	7:00pm-8:00pm

## Katonah

<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Saturday, Dec 2 <sup>nd</sup>	Zinnia	<a href="#">Salty Yoga</a>	11:00am-12:00pm
Wednesday, Dec 4 <sup>th</sup>	Amy	<a href="#">Salty Meditation</a>	7:00pm-7:30pm
Wednesday, Dec 6 <sup>th</sup>	Gene Krackel	<a href="#">Salty Healer's Circle</a>	6:30pm-8:00pm
Wednesday, Dec 13 <sup>th</sup>	Gene Krackel	<a href="#">Salty Group Energy Healing</a>	6:30pm-8:00pm
Saturday, Dec 16 <sup>th</sup>	Zinnia	<a href="#">Salty Yoga</a>	11:00am-12:00pm
Monday, Dec 18 <sup>th</sup>	Amy	<a href="#">Salty Meditation</a>	7:00pm-7:30pm