

Salty Wellness Classes

December 2017

<u>Park Avenue</u>			
<u>Class Date</u>	<u>Teacher</u>	<u>Class & Sign Up Link</u>	<u>Time</u>
Monday, Dec 4 th	Masako	Salty Yoga	7:00pm-8:00pm
Tuesday, Dec 5 th	Alexis	Salt & Sound	7:00pm-8:00pm
Wednesday, Dec 6 th	Holistic Happening	Salty Yoga + Meditation	7:00pm-8:00pm
Friday, Dec 8 th	Emily	Salty Healing Breathwork	6:30pm-8:00pm
Monday, Dec 18 th	Masako	Salty Yoga	7:00pm-8:00pm
<u>Dobbs Ferry</u>			
<u>Class Date</u>	<u>Teacher</u>	<u>Class & Sign Up Link</u>	<u>Time</u>
Tuesday, Dec 5 th	Danielle	Salty Yoga	6:30pm-7:30pm
Thursday, Dec 7 th	Saori	Salty Yoga	7:00pm-8:00pm
Tuesday, Dec 12 th	Danielle	Salty Yoga	6:30pm-7:30pm
Thursday, Dec 14 th	Saori	Salty Yoga	7:00pm-8:00pm
Thursday, Dec 21 st	Kiara	Salty Yoga	7:00pm-8:00pm
Thursday, Dec 28 th	Kiara	Salty Yoga	7:00pm-8:00pm
<u>Katonah</u>			
<u>Class Date</u>	<u>Teacher</u>	<u>Class & Sign Up Link</u>	<u>Time</u>
Saturday, Dec 2 nd	Zinnia	Salty Yoga	11:00am-12:00pm
Wednesday, Dec 4 th	Amy	Salty Meditation	7:00pm-7:30pm
Wednesday, Dec 6 th	Gene Krackel	Salty Healer's Circle	7:00pm-9:00pm
Wednesday, Dec 13 th	Gene Krackel	Salty Group Energy Healing	6:30pm-8:00pm
Saturday, Dec 16 th	Zinnia	Salty Yoga	11:00am-12:00pm
Monday, Dec 18 th	Amy	Salty Meditation	7:00pm-7:30pm