



# Salty Workshops

## January 2017

### Park Avenue Workshops

<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Wednesday, Jan 3 <sup>rd</sup>	Masako	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Monday, Jan 8 <sup>th</sup>	Holistic Happening	<a href="#">Salty Yoga &amp; Meditation</a>	7:00pm-8:00pm
Tuesday, Jan 16 <sup>th</sup>	Alexis	<a href="#">Salt &amp; Sound</a>	7:00pm-8:00pm
Wednesday, Jan 17 <sup>th</sup>	Masako	<a href="#">Salty Yoga</a>	7:00pm-8:00pm
Friday, Jan 19 <sup>th</sup>	Emily	<a href="#">Salty Healing Breathwork</a>	6:30pm-8:00pm

### Dobbs Ferry Workshops

<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Thursday, Jan 4 <sup>th</sup>	Kiara	<a href="#">FREE Salty Yoga Trial*</a>	6:30pm-7:30pm
Thursday, Jan 11 <sup>th</sup>	Kiara	<a href="#">Salty Yoga</a>	6:30pm-7:30pm
Thursday, Jan 18 <sup>th</sup>	Kiara	<a href="#">Salty Yoga</a>	6:30pm-7:30pm
Saturday, Jan 20 <sup>th</sup>	Saori	<a href="#">Salty Yoga</a>	11:00am-12:00pm
Thursday, Jan 25 <sup>th</sup>	Kiara	<a href="#">Salty Yoga</a>	6:30pm-7:30pm

### Katonah Workshops

<u>Class Date</u>	<u>Teacher</u>	<u>Class &amp; Sign Up Link</u>	<u>Time</u>
Saturday, Jan 6 <sup>th</sup>	Kiara	<a href="#">FREE Salty Yoga Trial*</a>	1:30pm-2:30pm
Monday, Jan 8 <sup>th</sup>	Amy	<a href="#">Salty Meditation</a>	7:00pm-7:30pm
Wednesday, Jan 10 <sup>th</sup>	Gene Krackel	<a href="#">Salty Healer's Circle</a>	7:00pm-9:00pm
Saturday, Jan 20 <sup>th</sup>	Kiara	<a href="#">Salty Yoga</a>	1:30pm-2:30pm
Monday, Jan 22 <sup>nd</sup>	Amy	<a href="#">Salty Meditation</a>	7:00pm-7:30pm
Wednesday, Jan 24 <sup>th</sup>	Gene Krackel	<a href="#">Salty Group Energy Healing</a>	6:30pm-8:00pm

**\*FREE Salty Yoga Trial is for first time salty yoga clients\***