



Salty Wellness Classes

March 2018

Park Avenue

<u>Class Date</u>	<u>Teacher</u>	<u>Class & Sign Up Link</u>	<u>Time</u>
<u>Monday, Mar 5th</u>	<u>Masako</u>	<u>Salty Yoga</u>	<u>7:00pm-8:00pm</u>
<u>Tuesday, Mar 6th</u>	<u>Holistic Happening</u>	<u>Salty Yoga + Sound Bath</u>	<u>7:00pm-8:00pm</u>
<u>Friday, Mar 16th</u>	<u>Emily</u>	<u>Salty Healing – Breathwork</u>	<u>7:00pm-8:00pm</u>
<u>Wednesday, Mar 21st</u>	<u>Masako</u>	<u>Salty Yoga</u>	<u>7:00pm-8:00pm</u>

Dobbs Ferry

<u>Class Date</u>	<u>Teacher</u>	<u>Class & Sign Up Link</u>	<u>Time</u>
<u>Thursday, Mar 1st</u>	<u>Kiara</u>	<u>Salty Yoga</u>	<u>6:30pm-7:30pm</u>
<u>Saturday, Mar 3rd</u>	<u>Saori</u>	<u>Salty Yoga</u>	<u>11:00am-12:00pm</u>
<u>Thursday, Mar 8th</u>	<u>Kiara</u>	<u>Salty Yoga</u>	<u>6:30pm-7:30pm</u>
<u>Thursday, Mar 15th</u>	<u>Kiara</u>	<u>Salty Yoga</u>	<u>6:30pm-7:30pm</u>
<u>Saturday, Mar 24th</u>	<u>Saori</u>	<u>Salty Yoga</u>	<u>11:00am-12:00pm</u>
<u>Tuesday, Mar 27th</u>	<u>Jennifer</u>	<u>Salt & Sound</u>	<u>7:00pm-8:00pm</u>

Katonah

<u>Class Date</u>	<u>Teacher</u>	<u>Class & Sign Up Link</u>	<u>Time</u>
<u>Monday, Mar 5th</u>	<u>Amy</u>	<u>Salty Meditation</u>	<u>7:00pm-7:30pm</u>
<u>Wednesday, Mar 7th</u>	<u>Gene Krackehl</u>	<u>Salty Healer's Circle</u>	<u>7:00pm-9:00pm</u>
<u>Monday, Mar 19th</u>	<u>Amy</u>	<u>Salty Meditation</u>	<u>7:00pm-7:30pm</u>
<u>Wednesday, Mar 21st</u>	<u>Gene Krackehl</u>	<u>Salty Group Energy Healing</u>	<u>6:30pm-8:00pm</u>
<u>Monday, Mar 26th</u>	<u>Lela</u>	<u>Salty Yoga</u>	<u>5:00pm-6:00pm</u>