

**Saturday February 3rd**  
**Fire Practice: Channel Your Inner Strength**  
11:30am-1:30pm



Manipura

**Sunday February 4th**  
**Restorative Yoga, Massage and Reiki**  
10:30am-11:30am



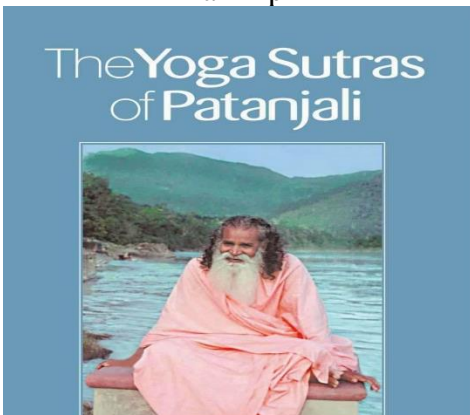
**Saturday February 10<sup>th</sup>**  
**Restorative and Yoga Nidra**  
11:30am-1:00pm



**February 11<sup>th</sup>**  
**Delve Deep**  
10:30am-12pm



**Saturday February 24<sup>th</sup>**  
**The 8 Limbs of Raja Yoga**  
11am-1pm



**Sunday February 25<sup>th</sup>**  
**Essential Oils 101**  
12:00pm-1:30pm



