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# June

## QHO CLASS CALENDAR /2024



| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--------|---|---|---|--|--|--|
| 30     |   |   |   |  |  | 1  |
| 2      | 3<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm  | 4<br>Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am  | 5   | 6<br>Meditation w/sound Therapy w/Virginia 10:30-11:30am<br>Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm  | 7<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm | 8<br>Simple, Easy Meditation Workshop w/Virginia Ray 10-11:30am  |
| 9      | 10<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm | 11<br>Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am | 12<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm | 13<br>Meditation w/sound Therapy w/Virginia 10:30-11:30am<br>Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm | 14   | 15<br>Simple, Easy Meditation Workshop w/Virginia Ray 10-11:30am |
| 16<br> | 17<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm | 18<br>Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am | 19  | 20<br>Meditation w/sound Therapy w/Virginia 10:30-11:30am<br>Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm | 21<br>Full Moon Ceremony 5:30-7pm<br>Self Care Investment \$33pp               | 22<br>Simple, Easy Meditation Workshop w/Virginia Ray 10-11:30am |
| 23     | 24<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm | 25<br>Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am | 26<br>Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm | 27<br>Meditation w/sound Therapy w/Virginia 10:30-11:30am<br>Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm | 28   | 29<br>Simple, Easy Meditation Workshop w/Virginia Ray 10-11:30am |

### SPECIAL SESSIONS/EVENTS

8/15/22/29-Simple, Easy Meditation Workshop w/Virginia Ray 10-11:30am

21- Strawberry Full Moon Ceremony group meditation 5:30-7pm

### PRIVATE SESSIONS WE OFFER

- \*Harmonic Frequency Facials \* Bio Field Chakra Clearing \*Reiki Quantum Healing
- \* Private & Group Sound Frequency Meditation w/crystal sound bowls & gong
- \*Private in home food catering w/sound meditation
- \*Private & Group Yoga Nidra with Crystal Sound Bowls
- \*Tibetan Bowl Private Clearing Sessions