

March

QHO CLASS CALENDAR /2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p>					1	2
3	4	5	6	7	8	9
	Closed		Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	
10	11	12	13	14	15	16
	Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	Meditation w/sound Therapy w/Virginia 10:30-11:30am Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	Private Tibetan Bowl Sessions w/ Linda 10-12 & 2pm	
17	18	19	20	21	22	23
	Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm		Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	
24	25	26	27	28	29	30
	Full Moon Ceremony with sound meditation 6-7:30pm 	Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	Meditation w/sound Therapy w/Virginia 10:30-11:30am Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm		

SPECIAL SESSIONS/EVENTS

15-Private Tibetan Bowl Sessions w/ Linda 10am,12 & 2pm

26- Full Moon Ceremony grou sound meditation 6-7:30pm

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