

September

QHO CLASS CALENDAR/ 2023



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

SPECIAL SESSIONS/EVENTS

9/30/23 Open House 10-2pm

Private Sessions Available

- *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

