


# May

QHO CLASS CALENDAR 2025

QUANTUM HEALTH ORGANICS

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Fountain Hills, AZ 85268  
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quantumhealthorganics.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Nidra Guided Meditation w/sound bath w/Linda 5:30-6:30pm	2  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	3  Simple Easy Meditation Workshop w/Virginia Ray 10-12pm Self Investment \$50pp
4  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	5  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	6  Breath Work Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	7  Sacred Sound Meditation w/ chants, mudras & sound w/Lisa 6:00-7:00PM Group Tarot Reading after Class w/Chris	8  Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Yoga Nidra w/Gong & Crystal Bowls w/Lisa 5:30-6:30pm	9  Group Classes Closed! Chamber Gala Awards!!	10  Simple Easy Meditation Workshop w/Virginia Ray 10-12pm Self Investment \$50pp
11  Full Moon in Scorpio Meditation Ceremony 5:30-7:30pm Self Investment \$45	12  Breath Work Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	13  Breath Work Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	14  Sacred Sound Meditation w/ chants, mudras & sound w/Lisa 6:00-7:00PM Group Tart Reading after Class w/Chris	15  Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Nidra Guided Meditation w/Sound Bath w/Linda 5:30-6:30pm	16  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	17  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm
18  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	19  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	20  Sacred Sound Meditation w/ chants, mudras & sound w/Lisa 6:00-7:00PM Group Tarot Reading after Class w/Chris	21  Breath Work Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	22  Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Nidra Guided Meditation w/Sound Bath w/Linda 5:30-6:30pm	23  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	24  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm
25  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	26  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	27  New Moon Special Workshop Max Guided Meditation w/Starr 6-7pm Self Investment \$25pp	28  Sacred Sound Meditation w/ chants, mudras & sound w/Lisa 6:00-7:00PM Group Tarot Reading after Class w/Chris	29  Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Nidra Guided Meditation w/Sound Bath w/Linda 5:30-6:30pm	30  Sound Frequency Meditation w/Gong & Crystal Bowls w/Candle 6-7pm	31  Take Time Out For Self Care Meditation 2-4pm w/Virginia Self investment \$25pp

## SPECIAL SESSIONS/EVENTS

**3<sup>rd</sup>- Simple Easy Meditation Workshop 10-12pm \$50pp**  
**10<sup>th</sup>-Simple Easy Meditation Workshop 10-12pm \$50pp**  
**12<sup>th</sup>- Full Moon Ceremony 5:30-6:30pm \$45pp**  
**27<sup>th</sup>- New Moon Max Meditation Guided by Starr 6-7pm \$25pp**  
**31<sup>st</sup>-Take Time for Self Care w/Virginia 2-4pm \$25pp \$30 day of**

## 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 catering w/sound meditation \* Private Tarot Readings \*Private & Group Yoga Nidra with Crystal Sound Bowls \*Private & Group Kundalini Sound Meditation \*Tibetan Bowl Private Clearing Sessions**