

# December

good Vibes Only

## QHO CLASS CALENDAR /2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	3	4 Kundalini Sound Meditation w/Lisa 6:00-7:00PM Comp Tarot Reading after Class w/Chris	5 Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	6 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	7
8	9 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	10	11 Kundalini Sound Meditation w/Lisa 6:00-7:00PM Comp Tarot Reading after Class w/Chris	12 Ultimate Yoga Nidra w/Virginia 10:30-11:30am	13 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	14 Essential Oils Workshop 10-12pm \$25pp  Take Time Out For Self Care Meditation 2-4pm w/Virginia \$25pp
15 Full Moon In Gemini	16 Full Moon Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	17 Kundalini Sound Meditation w/Lisa 6:00-7:00PM Comp Tarot Reading after Class w/Chris	18	19 Ultimate Yoga Nidra w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	20 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	21 Winter Solstice & Vision Board Workshop \$45pp 10-1pm & 4-7pm Food/Drink & Materials Provided
22	23 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	24	25 CLOSED FOR Holidays  Merry Christmas	26 CLOSED FOR Holidays	27 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	28
29	30 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	31 CLOSED FOR Holidays				

### SPECIAL SESSIONS/EVENTS

14th-Essential Oils Workshop 10-12pm \$25pp

14th-Take Time for Self Care 2-4pm \$25pp

16th-Full Moon Sound Frequency Meditation \$20pp 6-7pm

21st-Winter Solstice & Vision Board Workshop \$45pp 10-1pm & 4-7pm

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