

May

QHO CLASS CALENDAR /2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Meditation w/sound Therapy w/Virginia 10:30-11:30am Yoga Nidra w/crystal sound bowl Therapy w/Virginia 5:30-6:30pm	3	4
5	6 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	7 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	8	9 Meditation w/sound Therapy w/Virginia 10:30-11:30am Yoga Nidra w/crystal sound bowl Therapy w/Virginia 5:30-6:30pm	10 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	11
12	13 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	14 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	15 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	16 Meditation w/sound Therapy w/Virginia 10:30-11:30am Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	17	18 WorkShop Exploring Past Memories w/Virginia Ray 10:30-12pm self care investment \$75
19	20 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	21 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am Full Moon Ceremony with sound meditation 5:30-7pm	22	23 Meditation w/sound Therapy w/Virginia 10:30-11:30am Full Moon Ceremony 5:30-7pm Self Care Investment \$33pp	24 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	25
26	27 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	28 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	29 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	30 Meditation w/sound Therapy w/Virginia 10:30-11:30am Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	31	



SPECIAL SESSIONS/EVENTS

18- Exploring Past life's/Memories w/ Virginia Ray 10-12pm

23- Full Moon Ceremony group sound meditation 5:30-7pm

- *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

