

# OCTOBER

## QHO CLASS CALENDAR/ 2023



good Vibes Only



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	3 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am	4 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	5 Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30	6 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	7
8	9	10 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am	11 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	12 Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30	13 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am	14 Tibetan Bowl Therapy w/Linda 10am 12pm & 2pm available
15	16 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	17 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am	18 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	19 Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30	20 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am <u>Reiki Share 5:30-7pm</u>	21
22	23 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	24 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am	25 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	26 Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	27 Full Hunters Moon Shamanic Ceremony 5-7pm \$45pp	28
29	30 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	31 Ultimate Relaxation (yoga nidra)/w/Virginia 10:30-11:30am 				

## SPECIAL SESSIONS/EVENTS

- 14th Tibetan Bowl Therapy w/ Linda 10-12 & 2pm
- 20th- Reiki Share 5:30-7pm
- 27th- Full Moon Shamanic Ceremony 5-7pm

### 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

