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July

QHO CLASS CALENDAR /2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 <i>HAPPY 4th of July</i>	5	6
	CLOSED				CLOSED	
7 CLOSED	8 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	9	10 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	11	12 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	13
14	15 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	16	17 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	18 Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	19 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	20
21	22  Full Moon Float Special Event Location Pool Float Event 6:30-8pm	23	24 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	25	26 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	27
28	29 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	30	31 Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm			



SPECIAL SESSIONS/EVENTS

22-Buck Full Moon Float 6:30-8pm
 private location float event

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 & Group Yoga Nidra with Crystal Sound Bowls
- *Tibetan Bowl Private Clearing Sessions