



good Vibes Only

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September

QHO CLASS CALENDAR /2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm HAPPY LABOR DAY	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 5:30-6:30pm	6	7
8	9 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	10  Ultimate Relaxation Yoga Nidra w/Virginia 10:30-11:30AM	11	12  Yoga Nidra w/crystal sound bowl therapy w/Linda 5:30-6:30PM	13 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	14
15	16 Full Moon 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  Private Tibetan Bowl Therapy w/Linda 10am 12pm 2pm Sessions \$100 60min	19  Yoga Nidra w/crystal sound bowl therapy w/Linda 5:30-6:30PM	20 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	21
22 happy FALL	23 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	24 NEW! Class Complimentary Kundalini Sound Meditation w/Lisa 6:00-7:00PM	25 NEW! Class Complimentary Kundalini Sound Meditation w/Lisa 6:00-7:00PM	26  Yoga Nidra w/crystal sound bowl therapy w/Virginia 5:30-6:30PM	27 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	28
29	30 Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm					

SPECIAL SESSIONS/EVENTS

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

18th-Private Tibetan Bowl Therapy w/Linda 10am 12 & 2pm. Sessions

24th-Group Kundalini Sound Meditation 6-7PM W/Lisa Complimentary Introduction

25th- Group Kundalini Sound Meditation 6-7PM W/Lisa Complimentary Introduction

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

*Tibetan Bowl Private Clearing Sessions