

August

QHO CLASS CALENDAR 2025



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	2 CREATIVE WORKSHOP
4 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	5 Breath Work Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	6 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	7 Full Moon Energy Nidra Guided Meditation w/Sound Bath w/Linda 6:00-7:00PM	8  ADERO Full Moon Sacred Sky Float in Aquarius 7:00-8:30PM \$55pp	9
11 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	12 Breath Work Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	13 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	14 Guided Meditation w/Sound Frequency w/Candie (Sub for Linda) 6:00-7:00PM	15 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	16 Celestial Sonic DNA Activation Workshop w/sound Frequency 10:00-12:00pm \$25pp
18 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	19 Breath Work Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	20 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	21 New Moon Energy Nidra Guided Meditation w/Sound Bath w/Linda 6:00-7:00PM	22  ADERO New Moon Sacred Sky Float in Virgo 7:00-8:30PM \$55pp	23
25 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	26 Breath Work Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	27 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	28 Nidra Guided Meditation w/sound bath w/Linda 6:00-7:00PM	29 Sound Frequency Meditation w/Gong & Crystal Bowls w/Candie 6-7pm	30 Aromatic Alchemy: Transformative Power of Essential Oils Workshop 10-12pm \$25pp

SPECIAL SESSIONS/EVENTS

- 8th-Full Moon in Capricorn Pool Float 7:00-8:30PM \$55pp
- 16th- Celestial DNA Activation Workshop 10-12:00PM \$25pp
- 22nd- New Moon in Leo Sacred Sky Pool Float 7:00-8:30PM \$55pp
- 30th- Aromatic Alchemy -Transformative Power of Essential Oils Workshop- 10-12pm \$25pp

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 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