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# February

QHO CLASS CALENDAR /2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Meditation w/sound Therapy w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	2  Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	3  Meditation Workshop w/Virginia Ray 10:30-12pm \$40pp
4	5  Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	6  Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	7	8 Meditation w/sound Therapy w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	9	10  Meditation Workshop w/Virginia Ray 10:30-12pm \$40pp
11	12  Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	13  Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	14  Valentine Love Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	15 Meditation w/sound Therapy w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	16	17  Meditation Workshop w/Virginia Ray 10:30-12pm \$40pp  Fountain Hills Community Health Fair QHO will have a booth and presentations 9-2pm
18	19  Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	20  Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	21	22 Meditation w/sound Therapy w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm	23  Private Tibetan Bowl Sessions w/ Linda 10-12 & 2pm  Breath Work Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	24  Meditation Workshop w/Virginia Ray 10:30-12pm \$40pp
25	26  Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	27  Ultimate Relaxation (yoga nidra) w/Virginia 10:30-11:30am	28  Sound Frequency Meditation with crystal bowls & Gong w/Candie 6:00-7:00pm	29 Meditation w/sound Therapy w/Virginia 10:30-11:30am  Yoga Nidra w/crystal sound bowl Therapy w/Linda 5:30-6:30pm		

## SPECIAL SESSIONS/EVENTS

- 3-Meditation Workshop 10:30-12 w/ Virginia Ray \$40pp
- 10-Meditation Workshop 10:30-12 w/ Virginia Ray \$40pp
- 14-Valentine Love Soundbath w/crystal bowls & gong \$20pp
- 17-Meditation Workshop 10:30-12 w/ Virginia Ray \$40pp
- 17-Fountain Hills Community Health Fair 9-2pm free admission
- 23-Private Tibetan Bowl Sessions w/ Linda 10am, 12 & 2pm
- 24-Meditation Workshop 10:30-12 w/ Virginia Ray \$40pp

\*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