

"CLASSES" OFFERED

Spiritual:

- Yoga
- Yoga Trapeze
- Moon Eating
- Service/Charity
- Deep Meditation
- Journaling
- Manifesting
- Self Reflection

Mental:

- Life Coaching
- Pet therapy
- Business Class
- Time management/
Organization
- Community
- Gatherings
- Sewing
- Cinema
- Reading
- Goal Setting

Physical:

- Spa
- Rollerblading
- Bicycling
- Dance
- Fitness
- Detoxing
- Boxing
- Cooking
- Hiking/Beach
- DIY

Multi Purpose "Classes" :

Playing with your inner child, Karaoke, Gardening, Photography, Scrapbooking, Stone Wrapping, Music, Art, Mixology, Grocery Shopping, Financial Planning, sculpting clay.