

Inner Space

ABUNDANCE WELLNESS CENTER
325 JOHN KNOX ROAD, BLDG T, SUITE 1
<http://www.awc-tallahassee.com>

CLASS SCHEDULE AND INFORMATION

MONDAYS

5:45-8PM GORGEOUS GODDESS CLASS / JENNIFER

TUESDAYS

10-11AM FLEXIBILITY & BALANCE / EDIE
6-8PM RAW FOOD MEET UP/POTLUCK/JAIMEE
(every 3rd Tuesday)

THURSDAYS

10AM-12:30PM GORGEOUS GODDESS CLASS / JENNIFER
7-8PM KUNDALINI YOGA DVD/VIDEO FREE CLASS / LINDA

FRIDAY

7:30-9PM INTRO TALK/CRYSTAL SKULL WORLD PEACE MEDITATION (APRIL 30) / LYDIA

SATURDAY

11AM-5PM CRYSTAL SKULL WORKSHOP (MAY 1) / LYDIA

SUNDAY

PRIVATE CRYSTAL SKULL HEALING SESSIONS (MAY 2) / LYDIA

QUESTIONS? CALL OR EMAIL THE TEACHER. SEE TEACHER CONTACT INFORMATION ON
REVERSE SIDE

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Class Pricing may vary

For registration and payment information, please contact the instructor of the class you wish to attend.

Some mats and blankets will be provided, if you have your own, you may want to bring them.

Flexible clothing is suggested, bring a towel if desired.