

WORKSHOPS

Sound Healing, Yoga &

Relaxation using Guided imagery- Crystal bowls & Gongs

With Louise Lavergne

Monday May 17 6:30pm-8pm

This class designed to assist you on your path to inner Peace; Harmony and Joy- where all healing is possible

We will end the class with a transformational relaxation using the power of sound to go beyond the limits of our mind.

As we allow the present moment to take over the chatter-- we deepen our connection to self and all that is-

Pre-register [here](#)

Suggested Donation: \$15

Walking for Strength and Tone

5 week series starts April 1-Thursdays 9am-10am

Build core strength, flexibility & cardio fitness. We meet at the studio for warm up followed by a guided brisk walk.

Wear running shoes or walking shoes

Instructor **Linda Davis** has been race walking since 1995. She was a member of the North American Race Walking Foundation

Yoga for Golfers

Monday April 12 5:30pm -6:45pm

Improve your game by maximizing your mind-body performance on the course & off
Increase strength and flexibility.

\$15 Pre-Register [here](#)

Spring Yoga Walk in the Woodlands

Saturday April 10 9:30AM

Learn how to integrate Yoga with walking and practice in nature.
We will meet at the Britt parking lot.

Suggested Donation \$15 Pre-Register [here](#)

Profits will be donated to the Jacksonville Woodlands Association

Introduction to Kabbalah Astrology

With Louise Lavergne

New class is being scheduled call if interested

\$□ 5 includes personal chart

Through this ancient science we can understand the ebb and flow of our lives. This information is a map to help you understand the timing of the Universe so you can take the right action at the right time. Each participant receives their personal chart information which includes primary and secondary birth planet as well as weekly & yearly planetary cycles according to Universal Kabbalah astrology. Learn how to enhance the positive energies and transmute the challenging aspects into deeper understanding and growth. This information can transform your life and bring greater happiness and success to endeavors and

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