



## FEBRUARY 2023 - MARCH 2023

EVENTS AND WORKSHOPS				
Date	Time	Duration	Event Title	Location
3/11/2023	2:00 PM	2 Hours	Angels Among Us w/Theresa Baker Opland	Studio B
3/25/2023	11:30 AM	3 1/2 Hours	Reiki Master	Studio B
3/25/2023	10:00 AM	6 Hours	Pranayama Training	Studio C
3/26/2023	10:00 AM	6 Hours	Pranayama Training	Studio C
3/26/2023	12:00 PM	4 Hours	Psychic Fair w/a Cause	ALL studios
3/26/2023	4:30 PM	90 Min	Messages From Spirit w/Lauren Rainbow	Studio B

\*\*\*Visit our website for a fully updated events list\*\*\*

ALTERNATING CLASSES - MONDAYS				
Date	Time	Duration	Class	Location
3/6/2023	7:15 PM	1 Hr 45 Min	Mediumship Development Circle «	Studio A
3/13/2023	7:15 PM	90 Min	Master Manifestors Club «	Studio A
3/20/2023	7:15 PM	1 Hr 45 Min	Mediumship Development Circle «	Studio A
3/27/2023	7:15 PM	90 Min	Master Manifestors Club «	Studio A
4/3/2023	7:15 PM	1 Hr 45 Min	Mediumship Development Circle «	Studio A

ALTERNATING CLASSES - WEDNESDAYS				
Date	Time	Duration	Class	Location
3/1/2023	7:15 PM	90 Min	Oracle Practice Circle «	Studio A
3/8/2023	7:15 PM	90 Min	Psychic Development Circle «	Studio A
3/15/2023	7:15 PM	90 Min	Oracle Practice Circle «	Studio A
3/22/2023	7:15 PM	90 Min	Psychic Development Circle «	Studio A
3/29/2023	7:15 PM	90 Min	Oracle Practice Circle «	Studio A

ROTATING MONTHLY FEATURE CLASSES - WEDNESDAYS				
Date	Time	Duration	Class	Location
3/1/2023	7:00 PM	60 Min	Relaxing Sound Bath Y (Amy)	Studio B
3/8/2023	7:00 PM	60 Min	Centergy® F (Linda)	Studio B
3/15/2023	7:00 PM	60 Min	Restorative Yoga with Live Music Y(Gail & Cliff)	Studio B
3/22/2023	7:00 PM	60 Min	Roll and Renew F (Tara)	Studio B
3/29/2023	7:00 PM	60 Min	POUND® Class F (Mary Ellen Riley)	Studio B

Class descriptions and Event details can be found on our website: [www.windsoulwellnesscenter.com](http://www.windsoulwellnesscenter.com)

F = Fitness class Y =Yoga/Tai Chi or Meditation Class

«= These classes are not included in Get Fit, Get Motivated or Get Zen Memberships. Class passes or drop-in rates available for these classes.