**Blue Dragonfly Wellness**

**401 - 741-5055**

|  | **October 2019** |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | New time for Mon. nite Tai Chi is 6pm. | 1 Qi Gong 6 – 7 pm | 2 Tai Chi 9 – 10 amShamanic Meditation 7 – 8 pmFlow Yoga 6:30- 7:30pm | 3 Shamanic Meditation 7 – 8 pm | 4 Qi Gong 6-7 pmPaint and Express 7 – 9:30pm $50 includes materials | 5Family Tai Chi 9-10Qi Gong 10 – 11Reiki II 9-5:30pm $ 200 |
| 6 DIY Foaming Soap and Bug Spray $30 1 – 3:30pm Supplied provided take some home.Yoga Nidra 6-7pm | 7 Tai Chi Easy 9 – 10 amTai Chi Easy 6:00 – 7:00 pm Free Shamanic Meditation  7 – 8 pmIntro to Chakradance 7-8pm $15 | 8 Qi Gong 6 – 7 pmWomen’s Circle – Celebrating Fall – Fun tim 7:15 – 8:30pm | 9 Tai Chi 9 – 10 amShamanic Meditation 7 – 8 pmFlow Yoga 6:30- 7:30pm | 10 Complimentary Reiki 4 – 7pm donations acceptedShamanic Meditation 7 – 8 pm | 11 Qi Gong 6-7 pmReiki Share 7 – 9pm $10 | 12 Family Tai Chi 9-10Qi Gong 10 - 11Foot Bath Detox day..30 min $20 BooK a time between 10a – 5pAdult Colring 2 – 4pm $8 |
| 13 Hunter’s Full Moon Sound bath and Meditation 7 – 8:30pm $20Basic IET 9 – 5:30 $205Yoga Nidra 6-7pm | 14 Tai Chi Easy 9 – 10 amTai Chi Easy 6:00 – 7:00 pm Free Shamanic Meditation  7 – 8 pmChakradance – Root Chakra 7 – 8pm $15 | 15 Qi Gong 6 – 7 pm | 16 Tai Chi 9 – 10 amCrystal bowls Sound Bath $15 10 – 11 am $15Shamanic Meditation 7 – 8 pmFlow Yoga 6:30- 7:30pm | 17 Shamanic Meditation 7 – 8 pmSpiritual Development / Mediumship with Jean $25 or 5classes for $100 7 – 8:30 pm | 18 Qi Gong 6-7 pm | 19 Nature’s Meditation 8:30 –11 meet at 8:30 $10Family Tai Chi 9-10Qi Gong 10 - 11Angels of the 4 Corners 6 – 8pm |
| 20 Complimentary Reiki 10:30 – 12:30pmReiki Share 2 – 3:30pmCrystal bowls Sound Bath $20 4 – 5pmYoga Nidra 6-7pm | 21 Tai Chi Easy 9 am -CanceledTai Chi Easy 6:00 – 7:00 pm Free Shamanic Meditation  7 – 8 pmChakradance – Sacral Chakra 7 – 8pm $15 | 22 Qi Gong 6 – 7 pmCleansing and Clearing Workshop 7:15 – 8:45pm $25 or $30 at door  | 23 Tai Chi 9 am - CANCELEDShamanic Meditation 7 – 8 pmFlow Yoga 6:30- 7:30pm | 24 Shamanic Meditation 7 – 8 pm | 25 Qi Gong 6-7 pmCrystal bowls Sound Bath $20 7 – 8pm | 26 No Tai Chi or Qi Gong Today. |
| 27 Harmony Circle of Spiritualists – Service 10:30am - NoonYoga Nidra 6-7pm | 28 Tai Chi Easy 9 am -CANCELEDTai Chi Easy 6:00 – 7:00 pm Free Shamanic Meditation  7 – 8 pmChakradance – Solar Plexus Chakra 7 – 8pm $15 | 29 Qi Gong 6 – 7 pm | 30 Tai Chi 9 am-CANCELEDShamanic Meditation 7 – 8 pmFlow Yoga 6:30- 7:30pm**Cutoff to register for Halloween Party for Kids 7-12 $20..** | 31 **Center Closed**  | Chakradance starts Mon 10/7 Drop in is $15 must register, and buy all 8 classes $105 (save $15) up front. \*\* 11/1 Childrens Halloween Party 7 – 12 yrs $20(yoga, dance, healthy snacks, fun, costumes) RSVP |