**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 am  Shamanic Meditation 7 – 8 pm  Flow Yoga 6:30- 7:30pm | 3  Shamanic Meditation 7 – 8 pm | 4  Qi Gong 6-7 pm  Paint and Express 7 – 9:30pm  $50 includes materials | 5  Family Tai Chi 9-10  Qi Gong 10 – 11  Reiki 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 am  Tai Chi Easy 6:00 – 7:00 pm  Free Shamanic Meditation  7 – 8 pm  Intro to Chakradance 7-8pm $15 | 8 Qi Gong 6 – 7 pm  Women’s Circle – Celebrating Fall – Fun tim 7:15 – 8:30pm | 9 Tai Chi 9 – 10 am  Shamanic Meditation 7 – 8 pm  Flow Yoga 6:30- 7:30pm | 10  Complimentary Reiki 4 – 7pm donations accepted  Shamanic Meditation 7 – 8 pm | 11  Qi Gong 6-7 pm  Reiki Share 7 – 9pm $10 | 12  Family Tai Chi 9-10  Qi Gong 10 - 11  Foot Bath Detox day..30 min $20 BooK a time between 10a – 5p  Adult Colring 2 – 4pm $8 |
| 13  Hunter’s Full Moon Sound bath and Meditation 7 – 8:30pm $20  Basic IET 9 – 5:30 $205  Yoga Nidra 6-7pm | 14 Tai Chi Easy 9 – 10 am  Tai Chi Easy 6:00 – 7:00 pm  Free Shamanic Meditation  7 – 8 pm  Chakradance – Root Chakra  7 – 8pm $15 | 15 Qi Gong 6 – 7 pm | 16 Tai Chi 9 – 10 am  Crystal bowls Sound Bath $15  10 – 11 am $15  Shamanic Meditation 7 – 8 pm  Flow Yoga 6:30- 7:30pm | 17  Shamanic Meditation 7 – 8 pm  Spiritual 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 $10  Family Tai Chi 9-10  Qi Gong 10 - 11  Angels of the 4 Corners 6 – 8pm |
| 20  Complimentary Reiki 10:30 – 12:30pm  Reiki Share 2 – 3:30pm  Crystal bowls Sound Bath $20 4 – 5pm  Yoga Nidra 6-7pm | 21  Tai Chi Easy 9 am -Canceled  Tai Chi Easy 6:00 – 7:00 pm  Free Shamanic Meditation  7 – 8 pm  Chakradance – Sacral Chakra  7 – 8pm $15 | 22 Qi Gong 6 – 7 pm  Cleansing and Clearing Workshop 7:15 – 8:45pm $25 or $30 at door | 23 Tai Chi 9 am - CANCELED  Shamanic Meditation 7 – 8 pm  Flow Yoga 6:30- 7:30pm | 24  Shamanic Meditation 7 – 8 pm | 25  Qi Gong 6-7 pm  Crystal bowls Sound Bath $20 7 – 8pm | 26  No Tai Chi or Qi Gong Today. |
| 27 Harmony Circle of Spiritualists – Service 10:30am - Noon  Yoga Nidra 6-7pm | 28  Tai Chi Easy 9 am -CANCELED  Tai Chi Easy 6:00 – 7:00 pm  Free Shamanic Meditation  7 – 8 pm  Chakradance – Solar Plexus Chakra 7 – 8pm $15 | 29 Qi Gong 6 – 7 pm | 30 Tai Chi 9 am-CANCELED  Shamanic Meditation 7 – 8 pm  Flow 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 | |