**Blue Dragonfly Wellness**

**401 - 741-5055**

|  | **February 2020** |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 1 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amMthly Mind/Body/Soul Recharge mediation & Sound bath. $25 3 – 4:30 |
| 2 Harmony Circle of Spiritualist 10:30am – 12pmYoga Nidra 6 – 7 pm | 3 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 4 Qi Gong 6 – 7 pm | 5 Tai Chi 9 – 10amShamanic Meditation 7-8pm | 6 Complementary Reiki 5– 7:30pm. Love OfferingShamanic Meditation 7-8pm | 7 Tai Chi 6 – 7 pmReiki Share 7 – 9 pmDrumming Circle 7:30 – 9pm | 8 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amMonthly Foot Detox special 10am – 6pm. Call for appt. $20  |
| 9Qi Gong Informational 1 – 3Yoga Nidra 6 – 7 pmFull Moon – Snow Moon 7 – 8:30 | 10 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 11 Qi Gong 6 – 7 pmWomen;s Circle -  7:15 – 8:45pm | 12 Tai Chi 9 – 10amShamanic Meditation 7-8pmSpiritual Development and Mediumship 7p – 8:30pm | 13 Shamanic Meditation 7-8pmBook Club 6:30 – 8 pm | 14 Tai Chi 6 – 7 pm | 15 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amPsychic Saturday 11 – 5pm  |
| 16 Spirit Animal Workshop 10-5 Cost $100Complementary Reiki 10:30am – 12:30pmReiki Share 2 – 4pm $10Yoga Nidra 6 – 7 pm | 17 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 18 Qi Gong 6 – 7 pm | 19 Tai Chi 9 – 10amShamanic Meditation 7-8pm | 20 Shamanic Meditation 7-8pm | 21 Tai Chi 6 – 7 pm | 22 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amCrystal Bowls 3 – 4:00pm |
| 23 Yoga Nidra 6 – 7 pmIntermediate IET 9:30 – 5pm $220 | 24 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 25 Qi Gong 6 – 7 pmExploring the Goddesses 7:15 – 8:45 pm meets Monthly | 26 Tai Chi 9 – 10amShamanic Meditation 7-8pm | 27 Shamanic Meditation 7-8pm | 28 Tai Chi 6 – 7 pmAngel of the Month 7:30 – 9pmArchangel for Febrauryy is Raphael | 29 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amAll About Fairies 1 - 3pm |