**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 $15  Qi Gong 10 – 11 am  Mthly Mind/Body/Soul Recharge mediation & Sound bath. $25 3 – 4:30 |
| 2 Harmony Circle of Spiritualist 10:30am – 12pm  Yoga Nidra 6 – 7 pm | 3 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 4 Qi Gong 6 – 7 pm | 5 Tai Chi 9 – 10am  Shamanic Meditation 7-8pm | 6 Complementary Reiki 5– 7:30pm. Love Offering  Shamanic Meditation 7-8pm | 7 Tai Chi 6 – 7 pm  Reiki Share 7 – 9 pm  Drumming Circle 7:30 – 9pm | 8  Kids Glow Yoga 10 – 11 am $15  Qi Gong 10 – 11 am  Monthly Foot Detox special 10am – 6pm. Call for appt. $20 |
| 9  Qi Gong Informational 1 – 3  Yoga Nidra 6 – 7 pm  Full Moon – Snow Moon 7 – 8:30 | 10 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 11 Qi Gong 6 – 7 pm  Women;s Circle -  7:15 – 8:45pm | 12 Tai Chi 9 – 10am  Shamanic Meditation 7-8pm  Spiritual Development and Mediumship 7p – 8:30pm | 13  Shamanic Meditation 7-8pm  Book Club 6:30 – 8 pm | 14 Tai Chi 6 – 7 pm | 15  Kids Glow Yoga 10 – 11 am $15  Qi Gong 10 – 11 am  Psychic Saturday 11 – 5pm |
| 16  Spirit Animal Workshop 10-5  Cost $100  Complementary Reiki  10:30am – 12:30pm  Reiki Share 2 – 4pm $10  Yoga Nidra 6 – 7 pm | 17 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 18 Qi Gong 6 – 7 pm | 19 Tai Chi 9 – 10am  Shamanic Meditation 7-8pm | 20  Shamanic Meditation 7-8pm | 21 Tai Chi 6 – 7 pm | 22  Kids Glow Yoga 10 – 11 am $15  Qi Gong 10 – 11 am  Crystal Bowls 3 – 4:00pm |
| 23 Yoga Nidra 6 – 7 pm  Intermediate IET 9:30 – 5pm $220 | 24 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 25 Qi Gong 6 – 7 pm  Exploring the Goddesses 7:15 – 8:45 pm meets Monthly | 26 Tai Chi 9 – 10am  Shamanic Meditation 7-8pm | 27  Shamanic Meditation 7-8pm | 28 Tai Chi 6 – 7 pm  Angel of the Month 7:30 – 9pm  Archangel for Febrauryy is Raphael | 29  Kids Glow Yoga 10 – 11 am $15  Qi Gong 10 – 11 am  All About Fairies 1 - 3pm |