**Blue Dragonfly Wellness**

**401 - 741-5055**

|  | **March 2020** | | | | |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1 Harmony Circle of Spiritualist 10:30am – 12pm  Yoga Nidra 6 – 7 pm | 2 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 3  Qi Gong 6 – 7 pm  Women;s Circle -  7:15 – 8:45pm Celebrating Women’s History | 4 Tai Chi 9 – 10am  Shamanic Meditation 7-8pm | 5  Shamanic Meditation 7-8pm | 6 Tai Chi 6 – 7 pm | 7  Kids Glow Yoga 10 – 11 am $15  Qi Gong 10 – 11 am  Chakradance 3 – 4pm  Essential Oils 2 – 4pm  Mthly Mind/Body/Soul Recharge mediation & Sound bath. $35 3 – 4:30 |
| 8  Yoga Nidra 6 – 7 pm  Full Moon – Worm Moon 7 – 8:30 | 9 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 10  Qi Gong 6 – 7 pm | 11  Shamanic Meditation 7-8pm  Spiritual Development and Mediumship 7p – 8:30pm | 12  Shamanic Meditation 7-8pm | 13 Tai Chi 6 – 7 pm | 14  Kids Glow Yoga 10 – 11 am $15  Qi Gong 10 – 11 am  Chakradance 3 – 4pm  Monthly Foot Detox special 10am – 6pm. Call for appt. $20 |
| 15  Qi Gong Informational 1 – 2:30pm - Free  Yoga Nidra 6 – 7 pm  Drumming Circle 4 – 5:30pm | 16 Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 17  Qi Gong 6 – 7 pm | 18 Tai Chi 9 – 10am  Crystal Singing Bowls 10 – 11 am $15  Shamanic Meditation 7-8pm | 19 Complementary Reiki 5– 7:30pm. Love Offering  Shamanic Meditation 7-8pm | 20 Tai Chi 6 – 7 pm  Reiki Share 7 – 9 pm | 21  Kids Glow Yoga 10 – 11 am $15  Chakradance 3 – 4pm  Qi Gong 10 – 11 am  Crystal Bowls 7 – 8pm $20  Reiki II 9 AM |
| 22  Yoga Nidra 6 – 7 pm | 23 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 24  Qi Gong 6 – 7 pm  Exploring the Goddesses 7:15 – 8:45 pm meets Monthly | 25 Tai Chi 9 – 10am  Shamanic Meditation 7-8pm | 26  Shamanic Meditation 7-8pm | 27 Tai Chi 6 – 7 pm  Angel of the Month 7:30 – 9pm  Archangel for March is Gabriel | 28  Kids Glow Yoga 10 – 11 am $15  Chakradance 3 – 4pm  Qi Gong 10 – 11 am  Build a Fairy House 1 – 4 $35 |
| 29  Complementary Reiki  10:30am – 12:30pm  Reiki Share 2 – 4pm $10  Yoga Nidra 6 – 7 pm | 30 Tai Chi 9 – 10am  Tai Chi 6 -7pm  Flow Yoga 6:30 – 7:30 pm  Shamanic Meditation 7:30 pm – 8:30pm | 31  Qi Gong 6 – 7 pm | New Clients Book any energy session with Sheila during the month of March and save 20%. Refer a client to Sheila and receive 25% off your next session.  \*\*\* No Tai Chi Wed 3/11 and Mon 3/16 at 9am. | | | |