**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 – 12pmYoga Nidra 6 – 7 pm | 2 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 3 Qi Gong 6 – 7 pmWomen;s Circle -  7:15 – 8:45pm Celebrating Women’s History | 4 Tai Chi 9 – 10amShamanic Meditation 7-8pm | 5 Shamanic Meditation 7-8pm | 6 Tai Chi 6 – 7 pm | 7 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amChakradance 3 – 4pmEssential Oils 2 – 4pmMthly Mind/Body/Soul Recharge mediation & Sound bath. $35 3 – 4:30 |
| 8 Yoga Nidra 6 – 7 pmFull Moon – Worm Moon 7 – 8:30 | 9 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 10 Qi Gong 6 – 7 pm | 11 Shamanic Meditation 7-8pmSpiritual Development and Mediumship 7p – 8:30pm | 12 Shamanic Meditation 7-8pm | 13 Tai Chi 6 – 7 pm | 14 Kids Glow Yoga 10 – 11 am $15Qi Gong 10 – 11 amChakradance 3 – 4pmMonthly Foot Detox special 10am – 6pm. Call for appt. $20  |
| 15 Qi Gong Informational 1 – 2:30pm - FreeYoga Nidra 6 – 7 pmDrumming Circle 4 – 5:30pm  | 16 Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 17 Qi Gong 6 – 7 pm | 18 Tai Chi 9 – 10amCrystal Singing Bowls 10 – 11 am $15Shamanic Meditation 7-8pm | 19 Complementary Reiki 5– 7:30pm. Love OfferingShamanic Meditation 7-8pm | 20 Tai Chi 6 – 7 pmReiki Share 7 – 9 pm | 21 Kids Glow Yoga 10 – 11 am $15Chakradance 3 – 4pmQi Gong 10 – 11 amCrystal Bowls 7 – 8pm $20Reiki II 9 AM |
| 22 Yoga Nidra 6 – 7 pm | 23 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic Meditation 7:30 pm – 8:30pm | 24 Qi Gong 6 – 7 pmExploring the Goddesses 7:15 – 8:45 pm meets Monthly | 25 Tai Chi 9 – 10amShamanic Meditation 7-8pm | 26 Shamanic Meditation 7-8pm | 27 Tai Chi 6 – 7 pmAngel of the Month 7:30 – 9pmArchangel for March is Gabriel | 28 Kids Glow Yoga 10 – 11 am $15Chakradance 3 – 4pmQi Gong 10 – 11 amBuild a Fairy House 1 – 4 $35 |
| 29 Complementary Reiki 10:30am – 12:30pmReiki Share 2 – 4pm $10Yoga Nidra 6 – 7 pm | 30 Tai Chi 9 – 10am Tai Chi 6 -7pmFlow Yoga 6:30 – 7:30 pmShamanic 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. |