

Winter

SLOWING DOWN + TENDING THE SPIRIT

with Charlotte Hardwick

MONDAY, FEBRUARY 20

Meditation and Discussion:
Seasonal Health
2:00pm-3:15pm

Candlelight Yoga
3:30pm-5:00pm

TUESDAY, FEBRUARY 21

Winter Cooking Class
12:00pm-3:00pm

Yoga for the Lymphatic
and Immune system
3:30pm-5:00pm

WEDNESDAY, FEBRUARY 22

Stretch and Strengthen with
Journaling and Reflection
3:00pm-4:45pm

Winter Tea Blending and Oils
for Immunity
5:00pm-5:45pm

**All activities will be held at or
meeting at The Wellhouse*

THE
WELLHOUSE
AT BLACKBERRY FARM