

Fall

SLOWING DOWN + TENDING THE SPIRIT

with Charlotte Hardwick

MONDAY, NOVEMBER 6

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

Candlelight Yoga
3:30pm-5:00pm

TUESDAY, NOVEMBER 7

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

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

WEDNESDAY, NOVEMBER 8

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

Fall 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