



Saturday, May 13th 9AM to 5PM

Yoga Spring Wellness Fair Schedule of Events:

9:00 to 10:00 AM	Hatha Yoga with Margaret Martin
10:00 to 11:00 AM	Reiki with Martha Spruce
11:00 AM to 12 Noon	Vinyasa Yoga with Mia Dutremble
12 Noon to 1:00 PM	Essential Oils for Spring with Kate Nicholson
1:00 PM to 2:00 PM	Qi Gong with Robin Brooks
2:00 PM to 3:00 PM	Spring Healthy Gut Wellness Talk With Melinda Baxter
3:00 PM to 4:00 PM	Yin Yoga with Sara Perry
4:00 PM to 5:00 PM	Flow and Let Go with Jessie

**** FREE chair massage and green smoothies throughout the morning hours!**