



Weekly CLASSES

TUE

HARMONY WITHIN WITH EDWINA
6:00 PM - 7:00 PM

WED

LIGHTWORKER'S WORKSHOP
5:30 PM - 7:30 PM

THUR

BODY-SOUL-SPIRIT MEDITATION
10:00 AM - 11:00 AM

THUR

5 WEEK CLASSES WITH FAITH (TBA)
5:30 pm - 6:30 PM

FRI

MEDITATION WITH CHRIS
9:00 PM *(Online in Polish)*

SAT

MEDITATION WORKSHOP
10:00 AM - 11:00 AM

SUN

SHINE MINDFULNESS FOR KIDS GROUP
10:00 AM - 11:00 AM

SUN

ELEVATE (TWEENS)
11:30 AM - 12:30 PM

Class DESCRIPTIONS

Body-Soul-Spirit Meditation	Join Arthur for a healing group meditation. This workshop will help you raise your vibrational levels and learn developmental light connection skills. This will help you live a happier and more connected life. \$10 per class.
Meditation Workshop	This workshop will help you raise your vibrational levels and learn developmental light connection skills. \$10 for one hour and \$20 per 2 hour class.
Lightworkers Workshop	Are you a lightworker? Would you love to know what your strongest intuitive skill is? Would you like to practice your skills with a group of like-minded friends? Then, this is the perfect class for you! With gentle guidance from Faith, you'll gain valuable insight into your unique gifts and how you can best use them to live a happier and more fulfilled life. \$20 per class.
Harmony Within	Join Edwina for a nurturing wellness series designed to deepen mindfulness, foster inner peace, and bring balance to your life. In a soothing, supportive space, you'll explore guided meditations, calming breathing exercises, gentle energy healing, and life coaching to create meaningful change and self-discovery. This is more than a class – it's a journey to strengthen, support, and celebrate each other as we cultivate daily joy and personal success. Price: \$10 Members and \$15 Non-Members
The Experience	A Mini-Retreat for Deep Renewal. Immerse yourself in restorative yoga, soothing massage, and gentle energy healing. Faith and Camille create a nurturing space for you to beautifully reconnect with body, mind, and soul, leaving you renewed by a one-of-a-kind experience. \$100 Members and \$110 Non-Members
SHINE Mindfulness For Kids	The SHINE Mindfulness group encourages FUN while learning. It promotes positivity, kindness, gratitude, and self-reflection through interactive activities. Suitable for Elementary School Kids. Zoom option available to join class remotely. \$15 per class or 8 weeks for \$100.
Elevate	A supportive and empowering class for 12-14-year-olds teaching emotional resilience, mindfulness, and mindset skills. Through group discussions and engaging, hands-on activities, teens will learn to be the boss of their thoughts, gain tools to manage stress, and increase self-confidence.