





MARCH 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 7 9:00 Maharaji "Knowledge Session" (Donations) 11:00 OUTDOOR YOGA @ SWEETWATER FARM (Donations go to Farm)(Jamie) 5:00 Guided Meditation (by Sahara) (Donations)	1 8 9:00 Maharaji "Knowledge Session" (Donations) 11:00 OUTDOOR YOGA @ SWEETWATER FARM (Donations go to Farm)(Jeanette) 5:00 Guided Meditation (by Dr. Mike or Jeanette)	2 9 8:30a Vinyasa Flow (\$10) 10:00 Yoga 101 (\$10) 3:30 Kids' Yoga (\$10) 6:00 Gentle Yoga (\$10) 7:00 Belly Dance 101 (\$15)	3 10 9:00a YOGA LAT-TEAS (\$13* includes Tea) 12:30 Yoga4Lunch* (\$10*) <i>*Hot Soups sold separately</i> <i>*RSVP Required</i> 7:00 SOUND JOURNEY MEDITATION by ELUV(\$20)	4 11 8:00a Vinyasa Flow (\$10) 10:00 Core Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Yoga Flow (\$10) 7:30 Thai Chi (\$15)	5 12 12:30 Yoga4Lunch* (\$10*) <i>*Hot Soups sold separately</i> <i>*RSVP Required</i> 7:30 Peace Flix: The Maharaji's Keys (Donations)	6 13 8:30a Partner Yoga (\$15) 10:30 Reiki Yoga (\$10) 1:00 Intuitive Development by Marcella (\$30) POSTPONED to APRIL 3rd ~ Mark your calendars...
14 9:00 Maharaji "Knowledge Session" (Donations) 11:00 OUTDOOR YOGA @ SWEETWATER FARM (Donations go to Farm)(Jeanette) 5:00 Guided Meditation (by Dr. Mike or Jeanette)	15 22 SPRING ACUPUNCTURE TUNE UPS by DR. MIKE (\$40 PER ½ HOUR TREATMENT) (This week and next week) 7:00 LAUGHTER YOGA Laugh your way into Spring! (Donations)	16 23 8:30a Vinyasa Flow (\$10) 10:00 Yoga 101 (\$10) 3:30 Kids' Yoga (\$10) 6:00 Gentle Yoga (\$10) 7:00 Belly Dance 101 (\$15)	HAPPY ST. PATTY'S DAY 17 9:00a YOGA LAT-TEAS (by Jackie)(\$13* includes Tea) 12:30 Yoga4Lunch* (\$10*) 7:00 NADA ACUPUNCTURE with SOUND JOURNEY MEDITATION by Dr. Mike & ELUV (\$45)	18 25 8:00a Vinyasa Flow (\$10) 10:00 Core Yoga (\$10) 3:30 Kids' Yoga (\$10) 6:00 Yoga Flow (\$10) 7:30 Thai Chi (\$15)	19 26 12:30 Yoga4Lunch* (\$10*) 8:00 African Drum Circle w/ Kevin Dennis (Donations) 7:30 Peace Flix: The Maharaji's Keys (Donations)	20 27 8:30a Partner Yoga (\$15) 10:30 Reiki Yoga (\$10) 1:00-5:00 REIKI I (Beginners) Workshop (\$75 *RSVP Required) 1:00-3:00 The YOGIC PATH THE YAMAS & NIYAMAS Discussion Group (Donations)
28 9:00 Maharaji "Knowledge Session" (Donations) 11:00 OUTDOOR YOGA @ SWEETWATER FARM (Donations go to Farm)(Jeanette) 5:00 Guided Meditation (by Dr. Mike or Jeanette)	29 30 8:30a Vinyasa Flow (\$10) 10:00 Yoga 101 (\$10) 3:30 Kids' Yoga (\$10) 6:00 Gentle Yoga (\$10) 7:00 Belly Dance 101 (\$15)	31 9:00a YOGA LAT-TEAS (by Jackie)(\$13* includes Tea) 12:30 Yoga4Lunch* (\$10*) 7:00 FILM CIRCLE w/ Mr. Matthew "PEACEFUL WARRIOR" (Donations)				



Visit our websites for complete descriptions of classes, teacher bios, and more.

Raydiance Helio Spa & Wellness Center

122 S. Howard Ave. ~ (813) 251-8121 & 120 S. Howard Ave. ~ (813) 258-0458

www.RaydianceHydePark.com & www.RaydianceWellness.com

Classes fill up fast! Please RSVP online at <http://www.meetup.com/The-Tea-House-Wellness-Center/>

