# RELAXING RETREATS SCHEDULE

| DATE | SOUND YOGA | NATUROPATHY | AROMATHERAPY |
|---|---|---|---|
| **Monday, June 4th** | 9:30am to 10:30am | - | 12:45pm to 1:45pm |
| **Monday, June 18th** | 9:30am to 10:30am | 12:45pm to 1:45pm | - |
| **Monday, July 9th** | 9:30am to 10:30am | 12:45pm to 1:45pm | - |
| **Monday, July 23rd** | 9:30am to 10:30am | - | 12:45pm to 1:45pm |
| **Monday, August 13th** | 9:30am to 10:30am | - | 12:45pm to 1:45pm |
| **Monday, August 27th** | 9:30am to 10:30am | 12:45pm to 1:45pm | - |