



# August 2019 Calendar of Events

## Weekly Schedule

(463) 207 - 3938  
 6516 Ferguson Street  
 Indianapolis, IN 46220

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 - 11:30am Meditation with Abigail (LOVE)	10:30 - 11:45am Yoga with Barbara (\$11)					
		11:30am - 12:30pm Barre with Kelsey (\$11)		11:30am - 12:30pm Pilates with Kelsey (\$11)	6-7pm NADA Community Acupuncture (\$22)	
3 - 4:30pm Qoya with Abigail (\$20)					6-7pm Tonya's Empowered Empath (\$11)	
		7 - 8pm (8/6, 13 & 20) Hatha Yoga with Elise Cleland (\$11)		7 - 9pm Thirsty Thursday's with Allison (price varies)	7:30 - 9pm (8/9 & 8/23) Be the Bullfrog (\$25)	
			7:15 - 8:30pm Meditation with Abigail (LOVE)		7:30 - 9pm (8/2, 16 & 30) Ripley Effect for kids 12 and under (LOVE)	

### Workshops and irregularly scheduled classes

<b>ACROSS THE UNIVERSE SOUND IMMERSION</b> Thursday, 8/1 6:30-8pm with	<b>PACK THE HOME; COMMUNITY ACUPUNCTURE</b> Saturday, 8/23 11:11 - 12:11 (\$22)	<b>YUMMY YIN YOGA</b> Wednesday, 8/7 7-8pm with Dawn (\$11) Wednesday, August 21st & August 28th 7-8pm (\$11)	<b>MAGICAL WELLNESS CLINIC</b> Saturday, 8/10 & 24 11:11 - 12:11 8/17 3 - 4pm	<b>FOOD AND DIVINE CONNECTIVITY</b> Saturday, 8/10 12:30-2pm with
---	--	---	---	--