

**Mondays:**

**12:30 p.m. Yoga for Lunch (Jeanette) ~ Pre-Registration Required**  
For most people, practicing yoga three times a week is ideal. However, consistent practice or stretching is more useful than intense but less frequent workouts. If it is hard to get to class as often as you would like, we suggest trying to add a lunch time yoga class in order to maintain the progress that you make in your after work classes.

**6:00 p.m. Power Yoga (Dayal)**

A strong yoga class geared towards students who have a regular practice. Get ready to take your practice to a new level creating heat & energy to balance & heal the body. Various forms of music are often used to create heightened states of awareness. *\*A delicious cup of organic brewed tea is included after class.*

**7:30 p.m. Prenatal/Postnatal Yoga (Dayal)**

This yoga is designed for women during & after their pregnancy & focuses on a safe gentle flow of poses. Breathing techniques as well as pelvic exercises are incorporated to promote a more comfortable labor & delivery. *\*also includes a delicious cup of organic tea.*

**Tuesdays:**

**8:00 a.m. Vinyasa Flow (Mike)**

Vinyasa means "breath-synchronized movement". Breath and movement seamlessly unite in a way that each encourages the other.

**12:30 p.m. Yoga for Lunch (Jeanette) ~ See above.**

**6:00 p.m. Intro to Yoga (Jeanette) ~ Pre-Registration Required**

For beginners ~ Learn postures, breathing exercises, and the basics of what to expect in a yoga class. (New Series begins August 17<sup>th</sup>)

**Wednesdays:**

**12:30 p.m. Yoga for Lunch (Jeanette) ~ Pre-Registration Required**

**Thursdays:**

**8:00 a.m. Vinyasa Flow (Mike) ~ See above.**

**10:00 a.m. Gentle Yoga (Jeanette) ~ Open to All**

**12:30 p.m. Yoga for Lunch (Jeanette) ~ See above.**

**3:30 p.m. Kids' Yoga (Elementary Ages) (Jeanette) ~ Open to All**

**6:00 p.m. Slow Burn Yoga (Jeanette) ~ Open to All**

Taking it slow can deliver dramatic, immediate results, a sculpted physique and greater mental focus. Created by Rodney Yee, this innovative yogic approach combines continual transition between essential yoga moves with resistance and repetition. The resulting "burn" shapes lean muscle, boosts metabolism, and challenges your mind more than most yoga programs... expanding your limits in both your practice and your life.

**Fridays:**

**12:30 p.m. Yoga for Lunch (Jeanette) ~ See above.**

**Saturdays:**

**10:30 a.m. Reiki Yoga (All Levels) (Jeanette) ~ Open to All**

Open and balance your Chakras in this energetic class that combines Reiki energy work with Restorative Yoga. In many yoga postures, placement of one's own hands on the body and the body's energy centers, or Chakras, while holding the intention of sending life force energy, Prana or Ki or Chi, into the body is natural and an enormously effective healing technique. During practice we activate and open all Chakras, as you release tension and negativity from the physical and energetic body. Maximize the combined healing experience!!

**1:00 p.m. (Aug. 21<sup>st</sup>) REIKI I CERTIFICATION WORKSHOP**

**Tune into your natural healing abilities!** Learn the ancient art of Reiki healing. This training workshop will open you as a channel to universal healing energies. Receive attunements, learn the history and hand positions, gain a deeper understanding of your energy centers and ... **Become a Certified Reiki I Practitioner!**

☼ Wear comfortable clothes ☼ Waters and snacks provided.

**Closed on Sundays**



**VERY SPECIAL GUEST THIS MONTH!!!**

**HEALING THROUGH LOVING  
KINDNESS PRACTICE**

**with Bhante Sujatha**

**Friday, August 13<sup>th</sup>, 7p-9p AND**

**Saturday, August 14<sup>th</sup>, 10a-12n**

Connect with your natural healing power with the gentle guidance of Bhante Sujatha, Buddhist monk from Blue Lotus Temple in Woodstock, IL. This 2-hour workshop has been life-changing for many of its participants, regardless of religious background. The teaching is center around the cultivation of self love, for without healthy self love, you cannot be fully present to love anyone or anything else.

**MINDFULNESS MEDITATION with Bhante Sujatha**

**Sunday, August 15<sup>th</sup>, 4p-6p**

In this 2-hr meditation, Bhante Sujatha will teach and guide us with techniques taught by the Buddha 2500 years ago.

*Bhante Sujatha, a Buddhist monk of some 30 years, is originally from Sri Lanka. He is the head monk at the Blue Lotus Temple in Woodstock IL & has taught around the globe.*

**SPECIAL EVENTS & GUEST TEACHERS!!!**

**Chakra Energy Intuitive Development Course**

**(Heart Chakra) with Marcella, Zinner, MMA, CHT;**

**Sat., August 14th, 1:00-3:30 pm**

Marcella's advanced intuitive development course relating to each Chakra (7 classes in the series). Experience an in-depth study and analysis of each chakra; including the emotional aspect, physical manifestation, spiritual meaning, medical intuition component, and suggested protocols. *Marcella will be conducting class on the 2<sup>nd</sup> Saturday of each month. Take one or all of the classes based on your individual interests.*

**Drum Circle with Kevin "K.D." Dennis,**

**Fri., August 20th, 7:30-10:30pm**

Drum your worries away as the rhythm of the drums carries you away from the every day. K.D. has plenty of instruments for everyone, and he leads the Circle with style and grace. *(Donations) (Conducted on the 3<sup>rd</sup> Friday of each month).*

**HCG Information Night,**

**Wed., August 25th, 6:00-7:00pm.**

Remember to bring your friends, bring your favorite HCG recipes, and bring your clothes that are getting too big now! *(FREE)*

**FOOD LIFE SYNERGY's Introduction to Healthy Eating,**

**Sat., August 28th, 1:00-3:00pm.**

Food Life Synergy teaches you to prepare your foods with overall wellness techniques. In this workshop, receive information about FLS's program and courses. Virginia & Jeynce's program will improve your health, increase vitality and reduce stress. *Courses begin in September!*



**RAYDIANCE**

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