

ONGOING WEEKLY & MONTHLY CLASSES:

Mondays:

ACUPUNCTURE DAY!!!

Tuesdays:

8:30 a.m. Vinyasa Flow (Mike)

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

10:00 a.m. Yoga 101 (Jeanette)

Relieve fatigue and stress, promote well-being, and invite healing balance into your life with yogic postures and breathing.

3:30 p.m. Kids' Yoga (Elementary Ages) (Jeanette)

Kids need yoga too! We teach yoga through games, stories, and fun.

6:00 p.m. Gentle Yoga (All Levels) (Jeanette)

Gently create new openings and new circulation within the body.

7:00 p.m. Belly Dance for Beginners (Sandy Ortiz)

Enjoy an aerobic workout as you move and shake to Sandy's Middle Eastern teachings. Empower your own self-confidence!

(Six Week Series Begins Mar. 2nd)

Wednesdays:

9:00 a.m. Yoga-Lat-TEAS (All Levels) (Jackie) (\$13)

Calm your mind, center your spirit, lengthen and strengthen your core with Yoga infused with Pilates and topped off with a cup of Tea.

12:30 p.m. Yoga 4 Lunch (All Levels) (Jeanette) (\$10*)

**RSVP Required *Lunch is a separate charge, soup & salad may be available after class.*

Thursdays:

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

10:00 a.m. Yoga 101 (Jeanette)

3:30 p.m. Kids' Yoga (Elementary Ages) (Jeanette)

6:00 p.m. Yoga Flow (All Levels) (Jeanette)

Coordinate breath and movement while flowing thru poses.

7:30 p.m. Thai Chi & Oriental Movement (Arthur D'Agostino)

After more than thirty years of wandering the landscape of Taoist self-cultivation and Chinese Martial Arts, D'Agostino Laoshi's wanderings have brought him to some very interesting places in the world of Chinese martial arts, Taoist studies, and internal alchemy of spirit. Explore and experience his unique fusion of oriental movement. *(Six Week Series Begins Mar. 4th)*

Fridays:

12:30 p.m. Yoga 4 Lunch (All Levels) (Jeanette) (\$10*)

**RSVP Required *Lunch is a separate charge, soup & salad may be available after class.*

Friday Extras:

7:30 p.m. March 5th

March 12th PEACE FLIX w/Mr. Matthew

Learn the Maharajji's Keys to Peace...

March 19th DRUM CIRCLE w/Kevin Dennis

Connect with your inner rhythm and with your community in this fun, expressive, and heart opening drumming experience!
(Donations). (Drum Circle is the Third Friday each month).

March 12th PEACE FLIX w/Mr. Matthew

Learn the Maharajji's Keys to Peace...

Saturdays:

8:30 a.m. Partner Yoga (Mike)

Partner yoga is for everyone - we define "partner" as someone you are close to: friend, roommate, spouse, life partner, sibling, parent, child, etc.. Practice this unique form of yoga where you and your partner work together to accomplish deeper benefits from the yogic postures.

10:30 a.m. Reiki Yoga (All Levels) (Jeanette)

Open and balance your Chakras in this restorative class by infusing the healing benefits of both Reiki and Yoga.

Sundays:

Guided Meditation (All Adult Levels) @ 5:00 pm

Experience peace and quiet in splendorous stillness.

Sweetwater Organic Farm's Outdoor Yoga (Field Trip) @ 10:30 am

Travel with us to Sweetwater Organic Farm and practice among the fields. Donations go to the farm, which is located at 6942 W. Comanche Ave. (near Hillsborough & Hanley).

SPECIAL EVENTS & GUEST TEACHERS!!!

March 3rd, Wednesday, 7:00-8:30 pm

Crystal Bowl Meditation with ELUV (from WMNF Radio)

Let go and relax as you take a journey of sound while enjoying the powerful vibrations of singing Crystal Bowls played by one of our very own local celeb s ~ ELUV ~ with her local radio program "UltraSounds" found on 88.5 WMNF on Thursday nights. *Energy Exchange \$20*

Check out her radio show, ULTRASOUNDS on WMNF 88.5 FM.

March 6th, Saturday, 1:00-3:00 pm (FYI ~ Moved to April 3rd)

Intuitive Development Course with Marcella, Zinner, MMA, CHT

For this course, Marcella will be conducting class on the first Saturday of each month. Take one or all of the classes based on your individual interests.

This Month: SPIRIT GUIDES: Who & What they are...

March 10th, Cathleen Miller, "Living the Spiral" (Book Signing @ 6:30)

Intuitive Readings w/Cathleen (3:00-5:00 pm) (\$40 for ½ hr; \$80 for 1 hr)

Art Therapy Reflections Workshop w/ Cathleen Miller (6:30-7:30 pm) (\$15)

Fun, powerful, hands on (no talent needed) chakra therapy workshop which can reveal a lot about you, even if you only draw a stick figure. Very fun and eye opening "a-ha's" about your personal perception of self. Great for anyone with an open mind, who is ready to see their own true colors. Includes short personal intuitive evaluation for each participant. *Supplies for class included.*

March 13th, Reiki III (Master) Training (100-5:00 pm) (\$75)(RSVP Required)

Master your natural healing abilities. Learn the master symbols, lean to pass attunements, and receive your final attunements. (Prerequisite: Reiki I & II)

March 17th, NADA ACUPUNCTURE with SOUND JOURNEY MEDITATION

with ELUV & Dr. Mike Pagani, (7:00-9:00 pm) (\$45)

NADA acupuncture is the application of ear seeds around the ears of the participants which allows the body to harmonize its internal organs and balance the flow of deep currents of energy within each of us.
Third Thursday of each month....

March 20th, Reiki I Training (100-5:00 pm) (\$100)

(RSVP Required)

Explore your natural healing abilities. Learn about the energy centers of the body (the Chakras), learn self-healing techniques, and become attuned to subtle universal energy. (No Prerequisites.)

March 22nd, LAUGHTER YOGA (7:00 pm) (Laugh your way into Spring!)

Laughter Yoga combines unconditional Laughter with Yogic Breathing (Pranayama). Anyone can Laugh for No Reason, without relying on humor, jokes or comedy. Laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious Laughter.

March 22nd through March 29th, SPRING ACUPUNCTURE TUNE UPS

with Dr. Mike Pagani (Schedule Now) (\$40 per ½ hr; \$75 per 1 hr)

Living in harmony with nature and the cycles of the seasons can assist us in finding balance throughout the year. Spring is the season for regeneration and renewal of spirit, mind and body. It's time for cleaning out winter's clutter, heavy foods, and inactivity. The ancient Chinese looked at spring as the time of year to "rise early with the sun" and take brisk walks. The recommended diet of this season is light and fresh, with yang type foods that accentuate the ascending and expansive quality of spring.

March 27th, Saturday, 1:00-3:00 pm

Introduction to the YOGIC PATH (This Month: THE YAMAS & NIYAMAS)

"If you practice only asana, you will miss the true beauty of yoga." BKS Iyengar. In this discussion group, we will explore the Eight Limbs of Yoga, covering one limb per month/class. This Month ~ YAMAS ~ Yama is your attitude towards others and the world around you. ~ NIYAMAS ~ Niyamas relate to your attitude toward yourself. *((Donations))*

March 31st, Wednesday, 7:30 pm

Spiritual Film Circle ~ Monthly with Mr. Matthew

"PEACEFUL WARRIOR" An inspirational and triumphant film about the power of the human spirit, Peaceful Warrior is the incredible true story based on Dan Millman's best selling novel. Staring Nick Nolte, Scott Mechlowicz & Amy Stuart. *(Last Wed. each month)*

March Classes

RAYDIANCE



HelioSpa



Tea House



Wellness

Spring is in the air



Raydiance Helio Spa & Wellness Center

120 & 122 S. Howard Ave., Tampa, FL 33606

(813) 258-0458 (Wellness) & (813) 251-8121 (Spa)

www.RaydianceWellness.com

www.RaydianceHydePark.com