

# 2nd Sunday, June 14

All Classes are FREE on 2nd Sundays  
Love Offerings appreciated and accepted in the name of a local charity.

**11:30 AM - 12:30 PM**

## **Meditation**

Heath Shealy will lead a one hour  
guided meditation.

**12:30 PM - 1:00 PM**

## **Shared Community**

Mix and mingle over tea and treats.

**1:00 PM – 1:45 PM**

## **Angel Workshop**

**Christina Ray**

### **Angel Therapist Practitioner**

Learn how to connect with the Angelic  
Realm for guidance and comfort.

**2:00 PM - 2:45 PM**

## **Workshop**

### **Your Blood Type and You**

**Allison Marse CHHC**

Learn how your blood type may affect  
your weight and energy.

**3:00 PM – 4:15 PM**

### **Karma Yoga with Jessica Schwartz**

**Proceeds to benefit a local charity**

**RED SUN YOGA**

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