

spring events calendar

Yoga Classes Tuesday Evenings, Wednesday Mornings & Saturday Mornings

Shephanie Shong, RYT, will guide you through a soothing flow of postures designed to help you feel more balanced and centered in body and mind. Students need to bring their own yoga mat. Limit of 12 per class. See website for more details.

8 Class Series | \$80; Drop In | \$12

Cire' Rosenbaum Jewelry Trunk Show 3.5 & 6 | All day

Indulge your feminine side with romantic and vintage inspired jewelry and accessories from Cire' Rosenbaum, owner/designer of the line called Miss C. Alexandria. Cire's creative work partially sprung out of a love for collecting vintage jewelry. Her love of all things beautiful inspired the rest. She uses recycled beads and findings whenever possible and enjoys using a combination of gold, sterling, semi-precious stones, pearls and findings to create her designs. Join us for the trunk show and enter to win a unique piece of jewelry from Cire's collection.

Intro to Animal Communication 3.19.11 | 1:30-3pm

Introduction to Animal Communication, taught by Amy Miller, Animal Communicator, is designed for the absolute beginner. Our animals communicate with the use of pictures, feelings, and words. In this introduction we will explore the world of animal communication and expand awareness around the messages you are sending to and receiving from your pets. This class is a prerequisite for Animal Communication Level 1. \$50 prepay | \$60 at the door.

Jewelry and Gem Trunk Show 3.25 & 26 | All day

Beautiful, artistic, organic -- all words to describe the work of Jennifer Damrow, owner of Exclusive Inspirations. This award-winning artist has worked with gems, minerals and fossils since she was a kid, learning from her father, a paleontologist. She collects unique stones from around the globe and cuts many herself for use in her designs. This is one of Jennifer's first shows of the year and she will be offering new and exciting pieces created from gems found on her recent trip to the Gem Show in Tucson, AZ. In addition, she's offering special discounts on variety of jewelry, including a "50% off" box with items starting at \$5. Join us for the trunk show and enter to win a unique piece of jewelry from Jennifer's collection.

Seva Saturday | Free Event 4.9.11 | 1-3pm

Offered by Lisa Resch, Massage Therapist

In Sanskrit, Seva means selfless service. In the spirit of Seva, Lisa is offering free 15 minute stress relief acupressure sessions from 1 to 3pm on April 9th. For the session, Lisa will share a series of light touches which are acupressure points on your body (fully clothed). Join us to enjoy the relaxation and stress relief that Lisa's Seva provides. Sessions are limited so call ahead to sign up.