

summer workshops

aerial floating acupuncture + sound - fri, 6.5, 7.17, 8.7, 6:30-8pm
THE sound wave experience - fri, 6.12, 7.10, 8.14, 6-7pm
THE new moon ceremony - sat, 7.11, 8.15, 6-7:30pm
THE full moon ceremony - sat, 6.27, 8.1, 8.29, 6-7:30pm
restorative aerial yoga + sound - fri, 6.12, 7.10, 8.14, 6:30-8pm
floating acupuncture + sleep yoga - fri, 6.26, 7.31, 8.28, 6:30-8pm
THE seven lights healing circle - sun, 6.7, 7.5, 8.2, 2-3:30pm
community acupuncture - mon, 6.8, 7.13, 8.3, 11:15-12:15pm
mindful warrior yoga - fri, 7.10, 8.21, 6:30-8pm
Reiki Level One Training - sat, 6.14, 11-3pm
after the loss: rediscovering you - sun, 6.7, 1:30-3pm
shamanic cacao + sound ceremony - fri, 6.12, 6:30-8pm
summer reset: aerial flow + sound - sat, 6.13, 6-7:30pm
THE stargazer: summer solstice edition - fri, 6.19, 6:30-8pm
summer solstice 108 sun salutations - sat, 6.20, 1-2:30pm
THE alchemy immersion - sun, 6.21, 2-3:30pm
serenity now: harp, yin, + meditation - fri, 6.26, 6:30-8pm
elevate: an aerial dance experience - fri, 7.3, 6:30-8pm
chakra balancing + sound - sun, 7.12, 2-3:30pm
THE trust yourself workshop - sun, 7.19, 2-3:30pm
aerial breathwork with reiki + sound - sun, 7.19, 2:30-4pm
foundations of strength - fri, 7.24, 6:30pm
full moon past life regression - fri, 7.31, 6:30-8pm
THE inversion immersion - sun, 8.2, 2-3:30pm
suspension flow - sun, 8.9, 2-3:30pm
meditate + paint - sun 8.9, 2-4pm
rest in resistance: flow, yin, sound - fri, 8.14, 6:30-8pm
THE intuitive gateway experience - sun, 8.23, 2-4pm
THE sound wave immersion - sun, 8.23, 5:30-7pm
inward stillness, outward bloom - fri, 8.28, 6:30-8pm
THE high priestess immersion - sat, 8.30, 2-5pm

beginner bungee fitness

fri, 12:45-2/sat, 2:30-3:45, 4:15-5:30/sun, 2-3:15pm

6.5, 6.12, 6.19, 6.21, 6.26, 6.17, 6.18

7.3, 7.5, 7.11, 7.12, 7.17, 7.18, 7.24, 7.25, 7.26, 7.31

8.1, 8.2, 8.7, 8.8, 8.14, 8.15, 8.21, 8.23, 8.28, 8.29

pop-up power parties

fri, 6:30-7:30pm

6.5: pilates power party with Harry Styles

7.17: power yoga party with Red Hot Chili Peppers

8.7: pop princess barre party

visit thepearlspa.com to register
or for more information

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