

spring workshops

aerial floating acupuncture + sound - fri, 3.6, 4.10, 5.8, 6:30-8pm

shamanic cacao + sound ceremony - fri, 3.6, 4.10, 5.1, 6:30-8pm

symbols + synchronicities - fri, 3.13, 4.17, 5.22, 6:30-8pm

THE sound wave experience - fri, 3.3, 4.10, 5.15 6-7pm

THE new moon ceremony - sat, 3.14, 4.18, 5.16, 6-7:30pm

THE full moon ceremony - sat, 2.28, 4.4, 5.30, 6-7:30pm

restorative aerial yoga + sound - fri, 4.3, 5.1, 6:30-8pm

aerial floating acupuncture + sleep yoga -fri, 3.27, 4.17, 5.29, 6:30-8pm

THE seven lights healing circle - sun, 3.1, 4.5, 5.3, 2-3:30pm

\$35 community acupuncture - mon, 3.2, 4.6, 5.11, 11:15-12:15pm

quantum healing past life regression - sun, 3.8, 5.17, 1:30-3:30pm

becoming: embracing the wisdom of menopause - sun, 3.15, 1:30-3:30pm

dance with the matrix - sun, 3.29, 5.31, 1:30-3:30pm

THE fundamentals of aerial flow - sat, 3.7, 1-2:30pm

THE stargazer: spring equinox edition - fri, 3.13, 6:30-8pm

nervous system regulation + stress management, sun, 3.15, 11-12:30pm

rise + align - sun, 3.15, 2-3:30pm

THE alchemy immersion - 3.22, 2-3:30pm

aerial breathwork with reiki + sound - sun, 3.22, 2-3:30pm

divine connection: a sound journey into the Akashic field - sat, 3.28, 3-5pm

spring energy clearing mini-retreat - sat, 4.4, 1-4:30pm

pins + needles - sat, 4.11, 1-3pm

embodied alignment - sun, 4.12, 2-3:30pm

THE empress immersion - sat, 4.18, 2-6pm

reducing toxic burden - sun, 4.19, 11-12:30pm

THE sound wave immersion - sun, 4.19, 5-6:30pm

Mother's Day partner aerial yoga - sun, 5.10, 2-3:30pm

OHASHI Method - fri, 5.15, 6:30-8pm

circadian biology - sun, 5.17, 11-12:30pm

beginner bungee fitness

fridays: 12:45-2pm

saturdays: 2:30-3:45 or 4:15-5:30pm

sundays: 2-3:15pm

3.1, 3.6, 3.8, 3.13, 3.14, 3.20, 3.27, 3.29

4.3, 4.10, 4.11, 4.17, 4.19, 4.24

5.1, 5.3, 5.8, 5.9, 5.15, 5.16,

5.17, 5.22, 5.23, 5.29, 5.31

suspension pilates

wed, 4-4:55pm

3.4, 3.18, 4.15, 4.29, 5.6, 5.20

thurs, 12:30-1:25pm

3.12, 3.26, 4.9, 4.23, 5.14, 5.28

visit thepearlspa.com to register
or for more information

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