



FALL 2026

WORKSHOP GUIDE

LIVE WITH INTENTION. FIND YOUR BALANCE. BE WELL.

FALL WORKSHOPS

FLOATING ACUPUNCTURE + MEDITATION
FRI, 9.25 | 10.23 | 12.20 | 6:30-8PM

THE SOUND WAVE EXPERIENCE
FRI, 9.11 | 10.9 | 11.13 | 6-7PM

THE NEW MOON CEREMONY
SAT, 9.12 | 10.7 | 11.7 | 6-7:30PM

THE FULL MOON CEREMONY
SAT, 10.24 | 11.21 | 6-7:30PM

THE SEVEN LIGHTS HEALING CIRCLE
SUN, 9.6 | 10.4 | 11.1 | 2-3:30PM

COMMUNITY ACUPUNCTURE
MON, 9.14 | 10.5 | 11.2 | 11:15-12:15PM

COURTYARD SOUND IMMERSION
FRI, 9.25 | 10.16 | 6:30-7:30PM

SINGLE WORKSHOPS

AYURVEDA FOR MENOPAUSE
SUN, 9.13 | 1:30-3:30PM

HIPS, HAMSTRINGS + HARMONY
SUN, 9.13 | 1:30-3PM

AERIAL FLOATING ACUPUNCTURE + SOUND
FRI, 9.18 | 6:30-8PM

SHAMANIC CACAO + SOUND CEREMONY
FRI, 9.18 | 6:30-8PM

THE ALCHEMY IMMERSION
SUN, 9.20 | 2-3:30PM

GATHER + GROUND: FLOW + FLOWER MANDALAS
SUN, 9.20 | 2-3:30PM

AUTUMN EQUINOX RESET
SUN, 9.27 | 1-3:30PM

FOUNDATIONS OF FLOW: THE WARRIOR
SUN, 9.27 | 2PM-3:30PM

MINDFUL WARRIOR YOGA + SOUND
FRI, 10.2 | 6:30-8PM

ROOT + RELEASE
SUN, 10.4 | 1-3:30PM

10/10 PORTAL ACTIVATION
SAT, 10.10 | 1-3:30PM

THE SOUND WAVE IMMERSION
SUN, 10.11 | 5:30-7PM

HUNTER'S MOON PRELUDE
SAT, 10.17 | 2:30-4:15PM

A JOURNEY INTO REST
FRI, 10.23 | 6:30-8PM

FEEL GOOD FLOW: JAZZ EDITION
SUN, 10.25 | 1:30-3PM

A FLOW FOR TWO: PARTNER YOGA
SUN, 10.25 | 2-3:30PM

FOREST BATHING + SOUND
SUN, 11.1 | 12-4PM

FOUNDATIONS OF FLOW: SUN SALUTATIONS
SUN, 11.8 | 2-3:30PM

QUANTUM HEALING PAST LIFE REGRESSION
SUN, 11.8 | 1:30-3:30PM

SOUL MIRROR: ALIGNING WITH THE COSMOS
SUN, 11.15 | 1:30-3:30PM

THE SOFT HOLIDAY
SUN, 11.22 | 1:30-3:30PM

BEGINNER BUNGEE FITNESS

FRI | 12:45PM
SAT | 2:30PM
SUN | 2:00PM

DATES

9.4 | 9.5 | 9.6 | 9.11
9.12 | 9.13 | 9.19 | 9.25
10.2 | 10.4 | 10.16
10.18 | 10.24 | 10.25
10.30 | 11.6 | 11.7
11.13 | 11.14 | 11.21
11.22 | 11.27 | 11.29



SCAN TO VIEW OUR
FULL SCHEDULE

WORKSHOP INFORMATION

Space is limited. Advance registration is recommended.
Workshops are open to all. No experience necessary.

ALL LEVELS WELCOME.

CELEBRATING 20 YEARS
OF WELLNESS + COMMUNITY

2006 — 2026

EXPLORE

EXPERIENCE

EXPAND

THEPEARLSPA.COM