

Mondays:

6:00 p.m. Power Yoga (Dayal)

A strong yoga class geared towards students who have a regular practice. Get ready to take your practice to a new level creating heat & energy to balance & heal the body. Various forms of music are often used to create heightened states of awareness. *A delicious cup of organic brewed tea is included after class.

7:30 p.m. Prenatal/Postnatal Yoga (Dayal)

This yoga is designed for women during & after their pregnancy & focuses on a safe gentle flow of poses. Breathing techniques as well as pelvic exercises are incorporated to promote a more comfortable labor & delivery. *also includes a delicious cup of organic tea.

Tuesdays:

8:00 a.m. Vinyasa Flow (Mike)

Vinyasa means "breath-synchronized movement". Breath and movement seamlessly unite in a way that each encourages the other.

10:00 a.m. Gentle Yoga (Jeanette) ~ RSVP Required

Relieve fatigue and stress, promote well-being, and invite healing balance into your life with a variety of yogic postures (asanas) and breathing techniques (pranayama) wrapped up with a beautiful period of relaxation (svasana).

3:30 p.m. Kids' Yoga (Elementary Ages) (Jeanette) ~ RSVP Required

Kids need yoga too! We teach yoga through games, stories, and fun.

6:00 p.m. Intro to Yoga (Jeanette) ~ RSVP Required

For beginners ~ Learn postures, breathing exercises, and the basics of what to expect in a yoga class.

Thursdays:

8:00 a.m. Vinyasa Flow (Mike) ~ see description above.

10:00 a.m. Gentle Yoga (Jeanette) ~ Open to All

3:30 p.m. Kids' Yoga (Elementary Ages) (Jeanette) ~ Open to All

6:00 p.m. Slow Burn Yoga (Jeanette) ~ Open to All

Taking it slow can deliver dramatic, immediate results, a sculpted physique and greater mental focus. Created by Rodney Yee, this innovative yogic approach combines continual transition between essential yoga moves with resistance and repetition. The resulting "burn" shapes lean muscle, boosts metabolism, and challenges your mind more than most yoga programs... expanding your limits in both your practice and your life.

Saturdays:

10:30 a.m. Reiki Yoga (All Levels) (Jeanette) ~ Open to All

Open and balance your Chakras in this energetic class that combines Reiki energy work with Restorative Yoga. In many yoga postures, placement of one's own hands on the body and the body's energy centers, or Chakras, while holding the intention of sending life force energy, Prana or Ki or Chi, into the body is natural and an enormously effective healing technique. During practice we activate and open all Chakras, as you release tension and negativity from the physical and energetic body. Maximize the combined healing experience!!

Sundays:

Closed on Sundays

**** REIKI I, II, and III Certification Trainings start again in August, please contact Jeanette @ Raydiance Wellness if you are interested & please pass the word who may be interested too. Thank you! ****

SPECIAL EVENTS & GUEST TEACHERS!!!

Chakra Energy Intuitive Development Course (Third Chakra)

with Marcella, Zinner, MMA, CHT;

Sat., July 10th, 1-3 pm AND 4:00-6:00 p.m. (Readings)

Marcella's advanced intuitive development course relating to each Chakra (7 classes in the series). Experience an in-depth study and analysis of each chakra; including the emotional aspect, physical manifestation, spiritual meaning, medical intuition component, and suggested protocols. *Marcella will be conducting class on the first Saturday of each month. Take one or all of the classes based on your individual interests.*

Drum Circle with Kevin "K.D." Dennis,

Fri., July 16th, 7:30-10:30pm

Drum your worries away as the rhythm of the drums carries you away from the every day. K.D. has plenty of instruments for everyone, and he leads the Circle with style and grace. (*Donations*) (Conducted on the 3rd Friday of each month).

"The Healer and the Healing Arts" with Dr. Mike Pagani,

Sat., July 17th, 1-5pm. (Back by popular demand ☺)

The mind, touch, and movement of effective healing Learn how to create an effective healing, environment (field); to differentiate imbalances of a patient's mind/body; to create a clear intent for healing; to seal and reinforce the treatment; and to clear your healing field. Be prepared to learn about the history of healing, or present paradigm of healing, and what the future holds for healers and health care providers. The workshop is open to all health care providers and energy workers. (\$80 with RSVP; \$100 at the door)

Crystal Bowl Meditation with ELUV (from WMNF Radio),

Wed., July 21st, 7-9pm.

Let go and relax as you take a journey of sound while enjoying the powerful vibrations of singing Crystal Bowls and other instruments played by one of our very own local celebs ~ ELUV ~ from the radio program "UltraSounds" on 88.5 FM. The alchemy of blending external vibration with our own internal rhythms is key for a journey into a higher personal frequency. NADA acupuncture is the application of ear seeds around the ears of the participants which allows the body to harmonize its internal organs and balance the flow of deep currents of energy within each of us. It is suggested that participants breathe in a full, deep and conscious manner and find a place to remain reflective and calm. (\$20 with RSVP; \$25 at the door; and \$20 for optional Ear Seeds). (3rd Wednesday of each month).

HCG Information Night, Wed., July 28th, 6-7pm.

Remember to bring your friends, bring your favorite HCG recipes, and bring your clothes that are getting too big now! (FREE)

VERY SPECIAL GUEST NEXT MONTH!!!

MEDITATION WORKSHOP with Bhante Sujatha

Friday, August 13th, 7p-9p AND Saturday, August 14th, 10a-12n

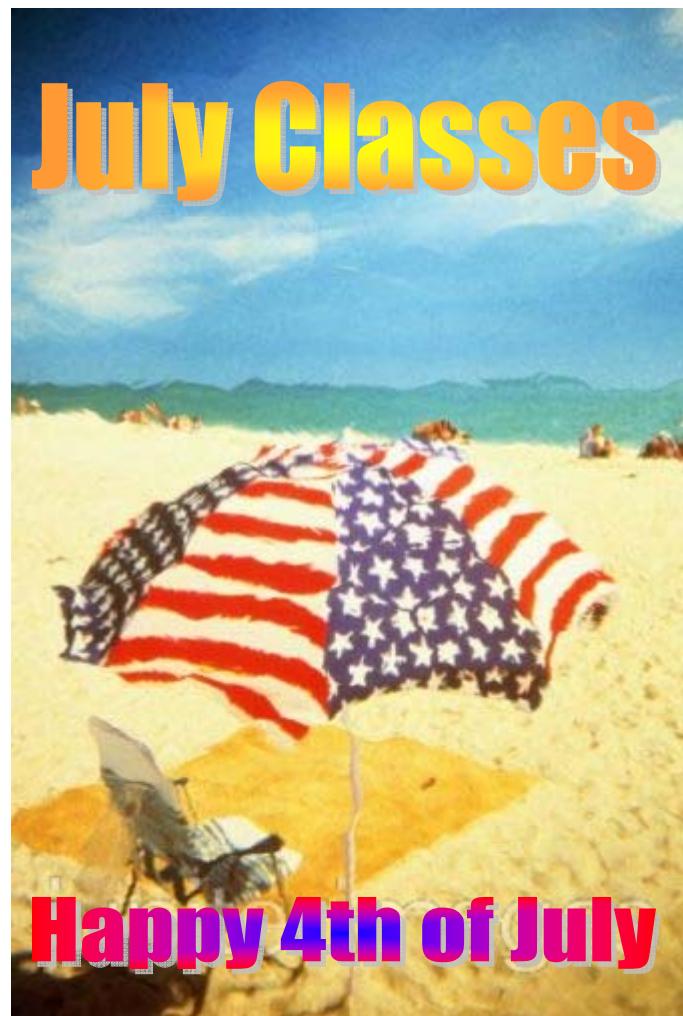
Connect with your natural healing power with the gentle guidance of Bhante Sujatha, Buddhist monk from Blue Lotus Temple in Woodstock, IL. This 2-hour workshop has been life-changing for many of its participants, regardless of religious background. The teaching is center around the cultivation of self love, for without healthy self love, you cannot be fully present to love anyone or anything else.

MINDFULNESS MEDITATION with Bhante Sujatha

Friday, August 13th, 7p-9p AND Saturday, August 14th, 10a-12n

In this 2-hour meditation session, Bhante Sujatha will teach and guide us with techniques taught by the Buddha 2500 years ago.

Bhante Sujatha, a Buddhist monk of some 30 years, is originally from Sri Lanka. He is the head monk at the Blue Lotus Temple in Woodstock, IL and has taught around the globe.



RAYDIANCE
HelioSpa Tea House Wellness

Raydiance Helio Spa & Wellness Center

120 & 122 S. Howard Ave., Tampa, FL 33606
(813) 258-0458 (Wellness) & (813) 251-8121 (Spa)

www.RaydianceWellness.com

www.RaydianceHydePark.com