

	2nd Movement class	Journaling + discussion session
Location & time TBD		
Evening of Monday, April 15th	2nd Stretch	3rd Stretch
Time TBD First Movement class		
Tuesday, April 9th		
Virtual	2nd IET	3rd IET
Setting intentions		
Sound clearing & meditation		
April 8 th		Location
(Ashley V)	May 1st	10am-12
*spiritual Basic Bitch	(Ashley V)	Sunday, June 9th
Virtual Access to	*the shift	Meditation & Paint Class
	Virtual Access to	
6-7:15 pm	5:30 pm-9:30 pm	June 1st
Monday, April 8th	Wednesday, May 1	(Ashley V)
Virtual-	BELTANE celebration Richmond, RI	*presence

## \*Sequence of events and dates are subject to change. some sessions may be combined. Virtual sessions will be recorded for future viewing if you can not attend a session.

1:1 sessions will be scheduled between April - June on Calendly.

