

February

2025

Sunday

Monday













Tuesday

Wednesday

Thursday

Friday

Saturday

						 1 HEALING SOUNDS // 8:30AM SELF CARE WORKSHOP // 10 AM
2	3	4	 5 QIGONG // 6:45PM	 6 GROUP GUIDED MEDICAL QIGONG SESSION // 7PM	7	 8 HEALING SOUNDS // 8:30AM INTUITIVE EATING WORKSHOP // 1 PM
9	10	11	 12 QIGONG // 6:45PM	13	14	 15 HEALING SOUNDS // 8:30AM
16	17	 18 COACHING CHECK-IN // 12:00 PM	 19 QIGONG // 6:45PM	 20 GROUP GUIDED MEDICAL QIGONG SESSION // 7PM	21	 22 HEALING SOUNDS // 8:30AM CORE MAP WORKSHOP // 1 PM
23	24	25	 26 QIGONG // 6:45PM	27	 28 SELF CARE WORKSHOP // 10 AM	