



Virtual Community Wellness Events

Date	Time	Type
NOVEMBER		
Saturday 11.19.2022	2pm	Virtual Community Events Informational Session and Meditation
Saturday 11.26.2022	2pm	Meditation
DECEMBER		
Saturday 12.3.2022	2pm	Breath work
Saturday 12.10.2022	2:30pm	Mindfulness
Monday 12.19.2022	6:30pm	Sound Bath
Mon. - Sun. 12.26.22 – 1.1.23	NO SESSION	HAPPY HOLIDAYS
JANUARY		
TBD	TBD	Virtual Community Events Informational Session and Breath Work
TBD	TBD	Breath Work
TBD	TBD	Mindfulness
TBD	TBD	Sound Bath
TBD		Movement
FEBRUARY		
TBD	TBD	Meditation
TBD	TBD	Virtual Community Events Informational Session and Mindfulness
TBD	TBD	Mindfulness
TBD	TBD	Sound Bath
MARCH		
TBD	TBD	Breath Work
TBD	TBD	Mindfulness
TBD	TBD	Movement
TBD	TBD	Virtual Community Events Informational Session and Sound Bath
TBD	TBD	Sound Bath

NOTE: Every effort is made to have event son scheduled dates. However, dates and/or time subject to change. And email and/or text will be sent to inform participants of changes. All events are between 30 – 60 minutes in length. Check back often for updates. Schedule a FREE phone consultation [here](#) call to discuss individual or group wellness sessions with Dr. J.