

Butterfly Wellness Yoga Center for Healing Arts

2024

815 W Main St Pickens 864-826-1887 www.butterflywellnessyoga.com

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CLOSED MONDAYS	3 11:00am Yoga 101 Breathwork 4:15p Level 2 Yoga Strengthen/Sculpt 5:30p COMMUNITY ACUPUNCTURE	4 2:00p Chair Yoga 6:00p Sound bath	5 2:00p Yoga Flow at the Wall 6:00p Flow Into Stillness Assisted Yin	6 11:00a Level 2 Grow into your Flow 2:00p Assisted Chair Yoga *Pickens Christmas Parade	7 Holiday Paint and Sip \$40 1p-3p
8	9 <i>99\$ Monthly Unlimited</i> <i>88\$ Monthly Unlimited</i> <i>for Teachers/First</i> <i>Responders</i>	10 11:00am Yoga 101 Deep Stretch 4:15p Level 2 Yoga Strengthen/Sculpt	11 2:00p Chair Yoga 6:00p Align and Explore	12 2:00p Yoga Flow at the Wall	13 11:00a Level 2 Grow into your Flow 2:00p Assisted Chair Yoga 6:00p Immersive Sound Bath	14 Tie Dye Workshop \$60 1p-3p Holiday Version
15	16 <i>\$14 Drop In Class</i> <i>10 Class Pack \$125</i>	17 11:00am Yoga 101 Breathwork 4:15p Level 2 Yoga Strengthen/Sculpt 6:15-7:15p Community Mushroom Education	18 2:00p Chair Yoga 6:00p Sound bath	19 2:00p Yoga Flow at the Wall 5:30-7:30p Community Pre/Post Natal Yoga and Birth Circle	20 11:00a Level 2 Grow into your Flow 2:00p Assisted Chair Yoga 6:00p Align and Explore	21 Yule Community Craft Day 11-3p *BW Christmas Party
22	23	24 2:00p Christmas Eve Chair Yoga Christmas Eve	25 Merry Christmas	26 2:00 Yoga Flow at The Wall 6:00 Align and Explore	27 11:00a Level 2 Grow into your Flow 2:00p Assisted Chair Yoga 6:00p Immersive Sound Bath	28