

# rooted tree massage & yoga JULY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	
Wake up Flow with Sheila  <b>8-8:30am</b>	Energizing Kundalini with Sheila  <b>7:30-8am</b>	Wake up Flow with Sheila  <b>7:20-7:50a</b>	Gentle Kundalini with Sheila  <b>8-8:30am</b>	Wake up Flow with Sheila  <b>7:20-7:50a</b>	7 day passes available for \$20. <b>Drop in also available</b>
<b>rootedtreemassage.com</b> <b><u><a href="mailto:rootedtreemassage@gmail.com">rootedtreemassage@gmail.com</a></u></b> <b>(867) 334-8599</b> No classes on Statutory Holidays			Look for surprise classes with Candace and Sheila announced on social media!		<b>All classes online using ZOOM</b>

No one turned away for lack of funds.