

ocean earth wind fire

sanctuary for yoga,

massage therapy

wholeliving

opening October 8!

122 Bridge Street (first look on First Friday, Oct 5!)

in the vibrant heart of Phoenixville

YOGA & FITNESS CLASSES EVERY DAY

Monday	8am Stationary Yoga 9:30am Flow Yoga 7pm TBA Pilates
Tuesday	9:30am Flow Yoga 12pm Yoga for Lunch 7pm Flow Yoga
Wednesday	9:30am Flow Yoga 7pm TBA Pilates
Thursday	9:30am Flow Yoga 12pm Yoga for Lunch 7pm Chakra Charge
Friday	9:30am Restorative Yoga 6pm "Sacred Love" Wild Yoga
Saturday	8:15am Wake Up Yoga More TBA
Sunday	12:30pm Surf Lesson Workshops (see adjacent roster!) 4pm Teen Only Yoga 5pm Yoga for ALL KIDS

All classes are open to all levels and are ongoing beginning October 8!

MASSAGE THERAPY!!!!

Massage therapy will be available Monday through Saturday by appointment. We currently have three gifted & professional therapists on staff. Our expertise encompasses Therapeutic Massage, Swedish Massage, Myofascial Release, Cranio-Sacral Therapy, Reiki, Shiatsu, Hot Stone Therapy, Reflexology, Couples Massage, Four-Handed Massage & Spa Treatments!
Call Now for an Appointment!

SURF LESSON WORKSHOPS!

- Oct 14*Walking the Lotus Path
Chakra Journey w/Virginia McKinnie, MA
- Oct 21*Our Environment & You
Al Gore trainee, Andrew Krieder, EPA
- Nov 4*Organic Cooking Workshop
Local chef, Julie Zlogar...delicious!
- Nov 11*Walking the Lotus Path II
Pleasure & Creativity, Virginia McKinnie
- Nov 18*Block-Print-Making Fun
Temple artists, Mary Kate & Fred, way cool
- Nov 25*Urban Nature Music Concert
Homeboy made good, Todd Boston, amazing
- Dec 2*Meditation for the Season
Inspirational teacher & yogi, Marie Roberts
- Dec 9*Walking the Lotus Path III
Your will & purpose, Virginia McKinnie
- Dec 16*Celebration Station, Let's enjoy life!
- January 6*Yoga: Soul's Soup Kitchen
Yogini, Robyn Evans, The Soul Center

GET THE SCOOP!

This amazing venture is a work in progress & so much is happening that you need to know about! The best way to get updates & details is to visit our website & contact us directly by email or phone!

www.oceaneearthwindfire.com

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