

# Grounding Spot

MENTAL FITNESS CLUB

# Summer Class Schedule

Yoga, Meditation, Breathwork, Specialty Classes & the Journey

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00	Breathwork Meditation	Hot yoga (90min)	Breathwork Meditation	Hot yoga (90min)	Create Your Day Meditation		
7:30							
8:00							
9:00		Hot yoga (75min)	Hot Yoga Fusion (75min)	Hot yoga (75min)		Hot yoga (75min)	Hot Yoga Fusion (75min)
9:30	Hot yoga (90min)				Hot yoga (90min)		
11:00		Vinyasa	Somantic yoga	Vinyasa		Gentle yoga	Gentle yoga
12:00		Breathwork Meditation		Breathwork Meditation	Breathwork Meditation	Breathwork Meditation	Silent Meditation
12:30							Breathwork
2:00							Grounding Spot Meditation (60min)
4:00	Gentle Yoga	Sound Therapy	Gentle Yoga	Breathwork Meditation	Gentle Yoga		
5:00						Sound Therapy	
5:30	Sound Therapy	Breathwork Meditation	Warm Vinyasa	Warm Vinyasa	Advanced Breathwork Specialty class (90min)	Specialty Class (90min)	Gratitude Meditation
6:00							Breathwork
6:30	Warm Vinyasa						
7:00		Mental Fitness Journey (90min)	Men's Circle (120min)	Women's Circle (120min)			
8:00							

Morning meditations are guided and focus on manifestation and creating your day or life's purpose. Afternoon meditations are guided and focus on inner peace, health and self love. Evening meditations are sometimes guided and focus on presence and inner bliss. All meditations are designed to lower stress, anxiety and symptoms of depression.

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GroundingSpot.com