



You Don't Have to Be Irish, To Enjoy our March Events!

What's in Store?

- FREE BIO TOUCH SESSIONS
- NUMEROLOGY READINGS (\$25)
- "COPTIC STITCH"
- JOURNAL BINDING CLASS (\$20)
- INTRODUCTION TO SOUL COLLAGE CLASS (\$15)
- YOGA NIDRA (\$8)
- FREE ENERGY MEDICINE CLASSES
- QIGONG CLASSES (\$15)

For More Information, Check Out Our "Class Descriptions" On the Bottom of Our [Website](#) Calendar As Well As Our Website "Specials" Page. Email: info@myheroicheart.com

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2	3 6-8 PM FREE CLASS Donna Eden's Daily Energy Routine (DER) PART 1	4	5 6-7 PM YOGA NIDRA CLASS by Natalie Perkins \$8.00 per Person	6 10 Am - Noon FREE CLASS Donna Eden's Daily Energy Routine (DER) PART 1	7 1-4 PM ART CLASS Coptic Stitch Journal Binding \$20.00 per Person	8
9	10 6-8 PM FREE CLASS Daily Energy Routine (DER) PART 3	11	12 6-7 PM YOGA NIDRA CLASS by Natalie Perkins \$8.00 per Person	13 10 Am - Noon FREE CLASS Daily Energy Routine (DER) PART 3	14	15
16	17 9-10 AM QIGONG CLASS by Gem Krebs FREE CLASS 6-8 PM FREE CLASS Daily Energy Routine DER PART 2	18	19 9-10 AM QIGONG CLASS by Gem Krebs FREE CLASS 6-7 PM YOGA NIDRA CLASS by Natalie Perkins \$8.00 per Person	20 10 Am - Noon FREE CLASS Daily Energy Routine (DER) PART 2	21 1-4 PM ART CLASS Introduction to Soul Collage \$15.00 per Person	22
23	24 9-10 AM QIGONG CLASS by Gem Krebs \$10.00 per Person 6-8 PM FREE CLASS Daily Energy Routine DER PART 4	25	26 9-10 AM QIGONG CLASS by Gem Krebs \$10.00 per Person 6-7 PM YOGA NIDRA CLASS by Natalie Perkins \$8.00 per Person	27 10 Am - Noon FREE CLASS Daily Energy Routine (DER) PART 4	28	29
30 6-8 PM FREE CLASS Daily Energy Routine (DER) PART 3	31 9-10 AM QIGONG CLASS by Gem Krebs \$10.00 per Person					