

Yoga

Tue 7:30 AM & 6:00 PM
Wed 6:00 PM

AromaTouch

Mon/Tues 4:30 PM
By Appointment

Cranial

Thur/Fri/Sat
By Appointment

Reflexology

Thur/Fri/Sat
By Appointment Only

L.I.F.E.S Classes

Third Thursday

Toe Reading

Mon/Tues 4:30 PM
By Appointment

Reiki

Mon/Tues 4:30 PM
By Appointment

Hypnotherapy

Mon/Tues 4:30 PM
By Appointment

Meditation

Monday 12:15-12:45

At the Center of You, Gift Store and Wellness Services

The Smell Good, Feel Good store, where you can leave your stress at the door!