

Please Call or Email to pre-Register for all classes or to schedule your personal consultation appointment
daniela@bodyandmindstl.com
Ph: 314-599-3649

2	3	4	5	6	7
CLOSED	walk in hours: 9am to noon	walk in hours: 4pm to 8pm	walk in hours: 9am to noon	walk in hours: 9am to noon Class: 6pm - 7pm Meditation for Children - \$15pp	walk in hours: 10:30am to 2:30pm
9	10	11	12	13	14
walk in hours: 4pm to 8pm	walk in hours: 9am to noon	walk in hours: 4pm to 8pm	walk in hours: 9am to noon Class: 6pm: Introduction to Holistic Body Cleanse & Detox - \$25pp	walk in hours: 9am to noon	walk in hours: 10:30am to 2:30pm
16	17	18	19	20	21
CLOSED	walk in hours: 9am to noon	walk in hours: 4pm to 8pm	walk in hours: 9am to noon	walk in hours: 9am to noon Class: 6pm - 7pm Meditation for Children - \$15pp	walk in hours: 10:30am to 2:30pm
23	24	25	26	27	28
walk in hours: 4pm to 8pm	walk in hours: 9am to noon	walk in hours: 4pm to 8pm	walk in hours: 9am to noon Class: 6pm: Creating Your Holistic Body Cleanse & Detox - \$25pp	walk in hours: 9am to noon	walk in hours: 10:30am to 2:30pm
30	31	<p style="text-align: center;"><u>Click here for brochure with details about classes offered on August 12th and 26th</u></p>			
walk in hours: 4pm to 8pm	walk in hours: 9am to noon				

PLEASE REMEMBER TO
**PRE-REGISTER FOR ALL
 CLASSES AND
 PLAYSHOPS** at least 3 bus
 days in advance

to ensure engaging and
 empowering personal
 experience

**EACH CLASS IS LIMITED
 TO 6 PERSONS
 TO REGISTER**

**CALL 314-599-3649 or
 email us at**

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*The Avokado Studio is
 your personal resource
 for wellness and a holistic
 lifestyle offering:*

*Personal Consultations
 Wellness Coaching
 Creative Living Consulting
 Hands-On Classes and
 Playshops*

*Body&Mind LLC natural
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