

**October**

MON TUE WED THU FRI SAT

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

4 walk in hours: 4pm to 8pm	5 walk in hours: 9am to noon	6 walk in hours: 4pm to 8pm	7 walk in hours: 9am to noon	1 walk in hours: 9am to noon	2 walk in hours: 10:30am to 2:30pm
11 walk in hours: 4pm to 8pm	12 walk in hours: 9am to noon	13 walk in hours: 4pm to 8pm	14 walk in hours: 9am to noon Class: 6pm: Making Herbal Formulas and Remedies at Home - \$25pp	8 walk in hours: 9am to noon Class: 6pm - 7pm Meditation for Children - \$15pp	9 walk in hours: 10:30am to 2:30pm
18 walk in hours: 4pm to 8pm	19 walk in hours: 9am to noon	20 walk in hours: 4pm to 8pm	21 walk in hours: 9am to noon	15 walk in hours: 9am to noon	16 walk in hours: 10:30am to 2:30pm
25 walk in hours: 4pm to 8pm	26 walk in hours: 9am to noon	27 walk in hours: 4pm to 8pm	28 walk in hours: 9am to noon Class: 6pm: Selecting and Using Green Super Foods - \$25pp	21 walk in hours: 9am to noon Class: 6pm - 7pm Meditation for Children - \$15pp	23 walk in hours: 10:30am to 2:30pm
31 walk in hours: 4pm to 8pm	<b>Click here for brochure with details about classes offered on October 14th and 28th</b>				

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**  
*daniela@bodyandmindstl.com*  
*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 products for holistic health and beauty*  
**CALL 314-599-3649 TO REGISTER or email us at**  
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