

September

MON	TUE	WED	THU	FRI	SAT
<p>Please Call or Email to pre-Register for all classes or to schedule your personal consultation appointment <i>daniela@bodyandmindstl.com</i> Ph: 314-599-3649</p>		1 walk in hours: 4pm to 8pm	2 walk in hours: 9am to noon	3 walk in hours: 9am to noon Class: 6pm - 7pm Meditation for Children - \$15pp	4 walk in hours: 10:30am to 2:30pm
		6 Labor Day Closed	7 walk in hours: 9am to noon	8 walk in hours: 4pm to 8pm	9 walk in hours: 9am to noon
13 walk in hours: 9am to noon	14 walk in hours: 9am to noon	15 walk in hours: 9am to noon	16 walk in hours: 9am to noon	17 walk in hours: 9am to noon	18 walk in hours: 10:30am to 2:30pm
20 walk in hours: 4pm to 8pm	21 walk in hours: 9am to noon	22 walk in hours: 4pm to 8pm	23 walk in hours: 9am to noon	24 walk in hours: 9am to noon Class: 6pm - 7pm Meditation for Children - \$15pp	25 walk in hours: 10:30am to 2:30pm
27 walk in hours: 4pm to 8pm	28 walk in hours: 9am to noon	29 walk in hours: 4pm to 8pm	30 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 *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

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