

ALL THAT *Matters*

Yoga + Holistic Health Center

*If you don't take
care of your body,
where will you live?*



stretch and grow
with **YOGA**

rejuvenate with a
HOLISTIC TREATMENT

browse our **STORE**

explore the possibilities
with **WORKSHOPS**

photo: RobynIvy.com

Join All That Matters on South Kingstown Beach

Yoga on the Beach

Sat, Sun, Mon, Wed,
Jun 28-Sep 1

108 Sun Salutations

Sat, Jun 21 • Sun, Sep 21

Paddleboard Yoga

Wed, Jun 18-Sep 3
**Takes place in Galilee*

Full Moon Gong Bath

Fri, Jul 11

Full Moon Yoga

Sat, July 12 • Sun, Aug 10 • Mon, Sep 8



CORBIE MITLEID

The Weaving of Your Past and Present Lives: An Evening with Channel and Teacher Corbie Mitleid

Fri, Jun 13, 6pm-9pm, \$39



LYNN GOODWIN

Finding Balance Through Food: Eating to Nourish and Cleanse

Mon, 6pm-8pm, Jun 16 • Oct 20, \$29



STEPHANIE MARISCA AND CATHY CESARIO
Gong Bath

Fri, 7:30pm-8:45pm, Jun 27 • Jul 11 • Aug 22 •
Sep 26, \$20 pre-registration, \$25 at door



JENN THOMAS

Yoga, Mindfulness, and Self-Inquiry

4 classes: Tue, 5:30pm-7:30pm, Jul 8-Aug 5
(no class 7/22), \$99

Yoga 101: Semi-private Series

4 classes: Tue, 5:30pm-7:30pm, Sep 16-Oct 7, \$85



JOHN DE KADT AND THE HANUMEN

Kirtan: Music and Chanting

Mon, Jul 14, 7:30pm-9:30pm,
\$25 pre-registration, \$30 at door



STEPHEN MASULLO

Therapeutic Acrobatic Partner Yoga

Sat, Aug 9, 8:30am-10:30am, \$39 per person



BILL MAHONY

Sanskrit 101

Fri, Sep 19, 6pm-9pm, \$40

Yoga Philosophy:
Upanishads and Daily Life

Sat, Sep 20, 10am-4pm, \$120



FOSTER PERRY

A Day with Shaman Foster Perry

Sun, Sep 21, 10:30am-7:30pm, \$195



PRISCILLA SZNEKE

Mindfulness Based Stress Reduction

Free orientation (required): Tue, Sep 30, 6pm-7pm
8 classes: Thu, Oct 9-Dec 4 (no class Nov 27) +
Day of Mindfulness, Sat, Nov 15, noon-6pm, \$365



All That Matters' 40-Day
(R)EVOLUTION

Free talk: Wed, Sep 17, 6pm-7pm
6 meetings + unlimited yoga
Wed, Sep 24, 7:30pm-9:30pm +
Wed, Oct 1-29, 7:30pm-8:45pm, \$345

TRAININGS



ELYSIA BATES

Integrative Reflexology Training

Starts Sep 26
Q&A - Jun 19 • Aug 14 • Sep 11, 6pm



DEVARSHI STEVEN HARTMAN

All That Matters' Pranotthan
200-hour Yoga Teacher Training

Starts Oct 2
Q&A - Jun 12 • Jul 15 • Aug 7 • Sep 9, 6pm



NAN MOSS

Weather Shamanism Levels I + II

Jul 11-13, \$350 by Jun 10, \$375 after



GURUDASS KAUR KHALSA

Childplay Yoga Teacher Training

Jul 18-20, \$355 by Jun 17, \$385 after



MYRA PARTYKA

What Is Reiki? Free Introductory Talk

Mon, 6pm-7pm, Jun 2 • Sep 8

Reiki First Degree

Sat-Sun, 10am-4pm, Sep 27-28
Mon-Wed-Fri, 6pm-9pm, Jul 21, 23, 25, \$150

Reiki Second Degree

Fri, 6pm-9pm; Sun, 10am-5pm,
Jun 6 + 8 • Aug 8 + 10, \$250

Advanced Reiki

Sun, 10am-5pm, Jun 22 • Sep 14, \$200

Monthly Reiki Support Circle

Fri, 7pm-9pm, Jun 13 • Jul 18 • Aug 15 • Sep 12
donations welcome

Transcendental Meditation® (TM®) Programs
Begin in June!

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60+ CLASSES EACH WEEK
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STAY CONNECTED!    

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