



## Center for Relaxation and Renewal

117 N. Washington St. Suite D (701) 738 – 8888 [grandforkswellness.com](http://grandforkswellness.com) [centerforrandr@gmail.com](mailto:centerforrandr@gmail.com)

**Relax, Renew, Be You.**

**August, 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>** OM or YS = Open Meditation or Open Yoga Space \$5.00 for 30 min. **</b>	1 <b>Yoga 6:30pm – 7:30pm</b>	2 <b>**OM or YS 12:00pm – 5:30pm</b>	3 <b>Yoga 6:30pm – 7:30pm</b>	4	5
6	7 <b>**OM or YS 12:00pm – 5:30pm</b>	8 <b>Yoga 6:30pm – 7:30pm</b>	9 <b>**OM or YS 12:00pm – 5:30pm</b>	10 <b>OM or YS 9:00am – 1:00pm</b>	11	12
13 <b>Spa Restorative Yoga 1:30pm – 2:45pm</b>	14 <b>**OM or YS 12:00pm – 5:30pm</b>	15 <b>Yoga 6:30pm – 7:30pm</b>	16 <b>**OM or YS 12:00pm – 5:30pm</b>	17 <b>OM or YS 9:00am – 1:00pm</b>	18	19
20	21 <b>**OM or YS 12:00pm – 5:30pm</b> <b>Yoga 6:30pm – 7:30pm</b>	22 <b>OM or YS 9:00am – 1:00pm</b>	23 <b>**OM or YS 12:00pm – 5:30pm</b>	24 <b>OM or YS 9:00am – 1:00pm</b> <b>Yoga 6:30pm – 7:30pm</b>	25	26
27	28 <b>**OM or YS 12:00pm – 5:30pm</b>	29 <b>OM or YS 9:00am – 1:00pm</b>	30 <b>**OM or YS 12:00pm – 5:30pm</b>	31 <b>OM or YS 9:00am – 1:00pm</b>		

### SERVICES



#### Massage:

Therapeutic, Hot Stone, Prenatal,  
Using Ayurvedic Oils or Essential  
Oils

#### Facials using Natural Products

**Healing Touch**  
**Cranial Sacral Therapy**

#### Infrared Sauna Aqua Detox

#### Yoga Studio Space Available:

- Private or Group Yoga
- Meditation