

# Nature's Playhouse

an all-natural play and wellness center

# February 2020

Services & Event Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	27 10-10:45am Yoga Play	28 10-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	29 9-9:45am Yoga Play 10:30-11:15am Little Wonders 3/8	30 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	31 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play 12:30-2pm Mommy Steps 2/6	1 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore
2 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	3 10-10:45am Yoga Play	4 10-12pm Drop In Play 5-5:45pm Baby Sign Mini Series 1/3 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	5 9-9:45am Yoga Play 10:30-11:15am Little Wonders 4/8	6 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	7 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play 12:30-2pm Mommy Steps 3/6	8 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore 11-12:30pm Baby Wearing
9 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	10 10-10:45am Yoga Play 6-7pm Meet, Nurse, Love	11 10-12pm Drop In Play 5-5:45pm Baby Sign Mini Series 2/3 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	12 9-9:45am Yoga Play 10:30-11:15am Little Wonders 5/8	13 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	14 Valentines Day 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play 12:30-2pm Mommy Steps 4/6	15 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore 7-8:30pm Valentine Partner Prenatal Yoga
16 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	17 10-10:45am Yoga Play	18 10-12pm Drop In Play 5-5:45pm Baby Sign Mini Series 3/3 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	19 9-9:45am Yoga Play 10:30-11:15am Little Wonders 6/8	20 10-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play 7-8pm RO La Leche League Meeting	21 9-9:45am Babay & Me Yoga 10am-12pm Drop In Play 12:30-2pm Mommy Steps 5/6 7-8:15pm Yoga Nidra	22 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore
23 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga 4-5:30pm LGBTQ Family Support Group 6-8pm Wild Woman Circle	24 10-10:45am Yoga Play	25 10-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	26 9-9:45am Yoga Play 10:30-11:15am Little Wonders 7/8 5:30-6:15pm Zumbini 1/6	27 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	28 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play 12:30-2pm Mommy Steps 6/6	29 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore

## Services available by appointment:

**Reflexology and Reiki** (with Tanja): Mon, Fridays 5:30-7pm & Sundays 2-7pm

**CranioSacral Therapy** (with Preya): Tuesdays 4-6pm

**Chiropractic Services** (with Dr. Meagen) **Home Visits:** Mon & Wed 7am-3pm

**In Home Lactation Services** (with Jennifer): On Call/Mon-Friday 9-2pm & 6-8pm

**Counseling Services:** See website for availability Day, Evening & Weekend Availability

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