

Nature's Playhouse

an all-natural play and wellness center

January 2020

Services & Event Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	30 10-10:45am Yoga Play	31 Closed Happy Holidays!	1 Closed Happy Holidays!	2 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	3 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	4 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore
5 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	6 10-10:45am Yoga Play	7 10am-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	8 9-9:45am Yoga Play	9 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	10 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	11 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore 12-1:130m Baby Wearing Group
12 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	13 10-10:45am Yoga Play 6-7pm Meet, Nurse, Love	14 10am-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	15 9-9:45am Yoga Play 10:30-11:15am Little Wonders 1/8	16 10-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play 7-8pm RO La Leche League Meeting	17 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	18 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore
19 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga 4:00-6:30pm Wild Woman Circle	20 Martin Luther King Jr. Day 10-10:45am Yoga Play	21 10am-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	22 9-9:45am Yoga Play 10:30-11:15am Little Wonders 2/8	23 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	24 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play 12:30-2pm Mommy Steps 1/6 7-8:15pm Yoga Nidra	25 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore
26 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga 2-3:30pm Climb Out of Darkness Kick Off Event 4-5:30pm LGBTQ Family Support Group	27 10-10:45am Yoga Play	28 10am-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

Services available by appointment:

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

CranioSacral Therapy (with *Preya*): Tuesdays 3-6pm

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

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

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

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