

# Nature's Playhouse

an all-natural play and wellness center



# March 2020



Services & Event Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga 2-3pm 2020 Climb Out of Darkness: Planning Meeting	<b>2</b> 10-10:45am Yoga Play	<b>3</b> 10-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	<b>4</b> 9-9:45am Yoga Play 10:30-11:15am Little Wonders 8/8 5:30-6:15pm Zumbini 2/6	<b>5</b> 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	<b>6</b> 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	<b>7</b> 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore 3-5pm Private Event
<b>8</b> 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	<b>9</b> 10-10:45am Yoga Play 6-7pm Meet, Nurse Love	<b>10</b> 10-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	<b>11</b> 9-9:45am Yoga Play 5:30-6:15pm Zumbini 3/6	<b>12</b> 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	<b>13</b> 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	<b>14</b> 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore 11-12:30pm Baby Wearing Group 3-5pm Private Event
<b>15</b> Daylight Savings Time 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga	<b>16</b> 10-10:45am Yoga Play	<b>17</b> 🍀 St. Patricks Day 🍀 10-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	<b>18</b> 9-9:45am Yoga Play 5:30-6:15pm Zumbini 4/6 7-8:15pm Yoga Nidra	<b>19</b> 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play 7-8pm RO La Leche League Meeting	<b>20</b> 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	<b>21</b> 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore
<b>22</b> 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga 2-3:30pm World Doula Appreciation Day: All About Doulas workshop! 6- 8:15pm Wild Woman New Moon Circle	<b>23</b> 10-10:45am Yoga Play	<b>24</b> 10-12pm Drop In Play 6-7 It Takes A Village 7:30-8:30pm Prenatal Yoga	<b>25</b> 9-9:45am Yoga Play 5:30-6:15pm Zumbini 5/6 7-8pm Dancing for Birth 1/5	<b>26</b> 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	<b>27</b> 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	<b>28</b> 9-9:45am Yoga/Play 10-10:45am Postnatal Core Restore 3-5pm Private Eevnt
<b>29</b> 10am-12pm Drop In Play 12:30-1:30pm Prenatal Yoga 2-3:30pm Love Your Belly Workshop 4-5:30pm LGBTQ Family Support Group	<b>30</b> 10-10:45am Yoga Play	<b>31</b> 10-12pm Drop In Play 6-7pm It Takes A Village 7:30-8:30pm Prenatal Yoga	<b>1</b> 9-9:45am Yoga Play 10:30-11:15am Little Wonders 1/8 5:30-6:15pm Zumbini 6/6 7-8pm Dancing for Birth 2/5	<b>2</b> 10am-12pm Drop In Play 6-6:45pm Adult Belly Dance & Play	<b>3</b> 9-9:45am Baby & Me Yoga 10am-12pm Drop In Play	<b>4</b> 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