



# SALT CAVE EVENTS

## **Every Tuesday - Meditation**

*with Sandy Carruthers*

## **1<sup>st</sup> and 3<sup>rd</sup> Wednesday**

Restorative Yoga

*with Gillian Boulton*

## **2<sup>nd</sup> Wednesday - Reiki Share**

*with Sandy Carruthers*

## **Last Wednesday - Meditation**

*with Mahsa Asasi, D.Hom.*

Each session begins at 6:45 PM  
Please arrive 15 minutes earlier to register  
To reserve your spot, please call  
**(905) 662-3235**