

Calendar of Events at The Ideal Method



Classical Sivananda Yoga Master Class

Presented by: Prem Sadasivananda

October 7

3:00pm – 5:00pm

Advanced (pre-registered) ticket: **\$20.00**, Day of for all: **\$25.00**

*Yoga Teacher Price Advanced (pre-registered): **\$18.00**

For more information: <http://www.anandabhakti.com/workshops.html>



Rediscover Your Purpose; Discovering Dharma

Presented by: Prem Sadasivananda

October 8

3:00pm – 5:00pm

Advanced (pre-registered): **\$33**, Day of for all: **\$40**

*Yoga Teacher Price Advanced (pre-registered): **\$30.00**

For more information: <http://www.anandabhakti.com/workshops.html>



Quantum Intuition (Series)

Presented by: Mary Maynard

3rd Saturday of each month

October 21

November 18

2:00pm – 5:00pm

2:00pm – 5:00pm

\$37/class Registration is required

For more information: www.maryamaynard.com/QuantumIntuition.html



Healing with Harmony - A Reiki & Sound Experience

Presented by: Debbie Jones and Carol Marchione

October 26 (SOLD OUT)

October 28

6:30pm – 8:00pm

11:00am – 12:30pm

\$55 Registration is required

For more information: www.theidealmethod.com/Events.html



Sound for Your Soul: Sound Immersion

Presented By: Carol Marchione of Floating Lotus

October 29

2:00pm – 3:15pm

\$20 Registration is Required

For more information: www.theidealmethod.com/Events.html



Restorative Resonance

Presented By: Carol Marchione of Floating Lotus
and Jennifer Bochik of Planet Prana

October 29

4:30pm – 6:00 pm

Price: 1 for \$35, 2 for \$60, or 3 for \$75

For more information visit: www.theidealmethod.com/Events.html

Due to the class sizes at The Ideal Method, Registration is required for all events.

The Ideal Method – 6595 Brecksville Rd, Suite #3, Independence, Ohio 44131

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