

NOV 2024

SUN

MON

TUE

WED

THU

FRI

SAT

	28	29	30	31	01	02
		<p>Appts with Missy Travis for massage</p> <p>Please book at: mindfule nourishment4u.com</p>	<p>Appts with Blue Heron Energetics</p> <p>Please book at: blueheronenergetics.com</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	
03	04	05	06	07	08	09
		<p>Appts with Missy Travis for massage</p> <p>Please book at: mindfule nourishment4u.com</p>	<p>Appts with Blue Heron Energetics</p> <p>Please book at: blueheronenergetics.com</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	
10	11	12	13	14	15	16
		<p>Appts with Missy Travis for massage</p> <p>Please book at: mindfule nourishment4u.com</p>	<p>Appts with Blue Heron Energetics</p> <p>Please book at: blueheronenergetics.com</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	
17	18	19	20	21	22	23
<p>SOUND BATH</p> <p>See our website for more information</p>		<p>Appts with Missy Travis for massage</p> <p>Please book at: mindfule nourishment4u.com</p>	<p>Appts with Blue Heron Energetics</p> <p>Please book at: blueheronenergetics.com</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	<p>Appts with Liminal Space</p> <p>10am – 4pm</p> <p>Please book at: liminalspace.com/company/booking</p>	
24	25	26	27	28	29	30
		<p>Appts with Missy Travis for massage</p> <p>Please book at: mindfule nourishment4u.com</p>	<p>Appts with Blue Heron Energetics</p> <p>Please book at: blueheronenergetics.com</p>	<p>HOLIDAY</p>		

These are our normal hours, but there may be occasional changes & adjustments.