

Clearwater Sanctuary

Covington Abita Springs Lacombe

**Sign-up for classes in advance at: info@clearwatersanctuary
Location based on enrollment**

Wildlife Admissions by Appointment: Call [\(985\)630-1009](tel:(985)630-1009)

Mondays

8:45am-5:45pm Wildlife Admissions
12:00pm-1:00pm Yoga for Energy and Balance
1:15pm-2:30pm Dharma Group: Developing Compassionate Intention

Tuesdays

8:45am-5:45pm Wildlife Admissions
8:00am-12:00pm Private Yoga Classes on the hour
1:00pm-2:00pm Christian Lectio Divina and Contemplative Prayer
2:00pm-3:00pm Gentle Yoga

Wednesdays

8:45am-5:45pm Wildlife Admissions
12:00-1:00pm Noon Yoga: Easy Flow and Flexibility
1:15pm-2:15pm Christian Lectio Divina and Contemplative Prayer
6:00pm-7:15pm T'ai Chi and Qi Gong
7:00pm-8:15pm Relaxation Meditation & Instruction

Thursdays

8:45am-5:45pm Wildlife Admissions
3:00pm-6:00pm Private Yoga Classes on the hour

Fridays

8:45am-5:45 pm Wildlife Admissions
4:30pm-5:30pm Dharma Group: Mindfulness Training for Everyday Life
5:45pm-6:45pm Yoga for Strength and Balance

Saturdays

9:00am-1:30pm Wildlife Admissions
9:00am-1:00pm Gurdjieff Foundation
2:00pm-4:30pm Meditation & Sacred Arts

**Group Classes Free to Clearwater Sanctuary members; \$15 per class for non-members
Meditation & Prayer Groups by Donation**

Become a Member Info:

www.Clearwatersanctuary.org [\(985\)630-1009](tel:(985)630-1009) info@clearwatersanctuary

**Clearwater Sanctuary is a 501(c)3 nonprofit organization established in 1989,
serving our planet and the diversity of life it supports through humane and humanitarian education and action.**