

SALT SCHEDULE

DAY OF THE WEEK

SESSIONS



SUNDAYS

10:45 - 11:15AM

GUIDED MEDITATION & SOUND BATH - LED BY GRETA W.

12:00 - 4:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

MONDAYS

10:45 - 11:15AM

GUIDED MEDITATION & SOUND BATH - LED BY GRETA W.

12:00 - 6:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

TUESDAYS

11:00 - 1:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

1:15 - 2:00PM

GUIDED MEDITATION & SOUND BATH - LED BY MICHELLE H.

2:00 - 6:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

WEDNESDAYS

11:00 - 1:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

1:15 - 2:00PM

GUIDED MEDITATION & SOUND BATH - LED BY GRETA W.

2:00 - 6:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

THURSDAYS

11:00 - 1:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

1:15-2:00PM

GUIDED MEDITATION & SOUND BATH - LED BY GRETA W.

2:00-6:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

FRIDAYS

11:00 - 4:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

SATURDAYS

10:45 - 11:15AM

GUIDED MEDITATION & SOUND BATH - LED BY GRETA W.

12:00 - 4:00PM

OPEN SALT SESSION - RUNS ON THE HOUR EVERY HOUR

SALT SESSIONS MUST BE BOOKED IN ADVANCED!

SALT SESSIONS ARE 1 HOUR LONG. THEY RUN ON THE HOUR EVERY HOUR UNLESS STATED OTHERWISE ABOVE. YOU WILL BE PUT INTO A RESTED POSITION, GUIDED INTO A MEDITATIVE STATE, AND LEFT TO BREATHE IN THE BENEFITS OF SALT.

ALWAYS CHECK THE WEBSITE FOR THE MOST UPDATED VERSION OF OUR SCHEDULE.