

# ACTIVITY SCHEDULE

FRIDAY, MARCH 7 – THURSDAY, MARCH 13  
YMCA OF THE ROCKIES – ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult(18+) at all times.

Some of our programs require advanced registration and may fill quickly, click [here](#) or call Programs at x1104 to sign up.

## PROGRAM FACILITY HOURS

|                                               | FRI, MAR 7                                                                                                                                                                                                                                                                                                                                                                                                                                         | SAT, MAR 8                               | SUN, MAR 9                               | MON, MAR 10                              | TUES, MAR 11                | WED, MAR 12                              | THURS, MAR 13               |
|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|-----------------------------|------------------------------------------|-----------------------------|
| <b>SWEET MEMORIAL</b>                         | Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, sports equipment and more! Questions? Call us at x1104.                                                                                                                                                                                                                                               |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 9AM-5PM                                                                                                                                                                                                                                                                                                                                                                                                                                            | 9AM-5PM                                  | 9AM-5PM                                  | 9AM-5PM                                  | 9AM-5PM                     | 9AM-5PM                                  | 9AM-5PM                     |
| <b>BOONE FAMILY MOUNTAIN CENTER</b>           | Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.                                                                                                                                                                                                                                                  |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 9AM-5PM                                                                                                                                                                                                                                                                                                                                                                                                                                            | 9AM-5PM                                  | 9AM-5PM                                  | 9AM-5PM                                  | 9AM-5PM                     | 9AM-5PM                                  | 9AM-5PM                     |
| <b>LULA W. DORSEY MUSEUM</b>                  | Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.                                                                                                                                                                                                                                                 |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 9AM-5PM                                                                                                                                                                                                                                                                                                                                                                                                                                            | 9AM-5PM                                  | 9AM-5PM                                  | 9AM-12PM<br>1PM-5PM                      | CLOSED                      | CLOSED                                   | CLOSED                      |
| <b>MAUDE JELLISON LIBRARY</b>                 | Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.                                                                                                                                                                                                                                                                                                                                                                      |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 9AM-5PM                                                                                                                                                                                                                                                                                                                                                                                                                                            | 9AM-5PM                                  | 1PM-5PM                                  | 9AM-5PM                                  | 9AM-5PM                     | 9AM-5PM                                  | 9AM-5PM                     |
| <b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b> | Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Some crafts have age restrictions. Questions? Call us at x1132.                                                                                                                 |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 9:30AM-5PM                                                                                                                                                                                                                                                                                                                                                                                                                                         | 9:30AM-5PM                               | 9:30AM-5PM                               | 9:30AM-5PM                               | 9:30AM-5PM                  | 9:30AM-5PM                               | 9:30AM-5PM                  |
| <b>DORSEY SWIMMING POOL</b>                   | Maximum capacity limits may apply. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided.<br>OPEN SWIM - Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion. |                                          |                                          |                                          |                             |                                          |                             |
|                                               | <b>OPEN SWIM</b><br>10AM-12PM<br>1PM-6PM                                                                                                                                                                                                                                                                                                                                                                                                           | <b>OPEN SWIM</b><br>10AM-12PM<br>1PM-6PM | <b>OPEN SWIM</b><br>10AM-12PM<br>1PM-5PM | <b>OPEN SWIM</b><br>10AM-12PM<br>1PM-5PM | <b>OPEN SWIM</b><br>1PM-5PM | <b>OPEN SWIM</b><br>10AM-12PM<br>1PM-5PM | <b>OPEN SWIM</b><br>1PM-5PM |
|                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                          |                                          |                                          |                             |                                          |                             |
| <b>BOB ECKER ROLLER RINK</b>                  | Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104                                                                                                                                                                                                                                                                                                                                                         |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 5:30PM-9:30PM                                                                                                                                                                                                                                                                                                                                                                                                                                      | 5:30PM-9:30PM                            | 5:30PM-9:30PM                            | 5:30PM-9:30PM                            | 5:30PM-9:30PM               | 5:30PM-9:30PM                            | 5:30PM-9:30PM               |
| <b>LONGHOUSE GYM</b>                          | Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.                                                                                                                                                                                                                                                                                                                                      |                                          |                                          |                                          |                             |                                          |                             |
|                                               | 9AM-9:30PM                                                                                                                                                                                                                                                                                                                                                                                                                                         | 9AM-9:30PM                               | 9AM-9:30PM                               | 9AM-9:30PM                               | 9AM-9:30PM                  | 12PM-9:30PM                              | 9AM-3PM                     |



LOST?  
CHECK OUT OUR  
[PROPERTY MAP](#)



WANT TO HIKE?  
CHECK OUT OUR  
[TRAIL MAP](#)



### ON PROPERTY SELF GUIDED WALKING TOUR

These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) or visit our website to learn more about our sustainability goals and practices.



# FREE FAMILY PROGRAMS

Family Programs ‡ Little Learners (6 and under) \* Young Adult+ (10 & up) ✨  
Locations: Longhouse Gym (Longhouse) Sweet Memorial (Sweet)

## FRIDAY, MAR 7

- 9:15AM ‡ Animal Detective @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:45PM \* Little Explorers @ Sweet
- 2:00PM ‡ Fire Quest @ Sweet
- 3:00PM ‡ Slime @ Sweet
- 4:15PM ‡ What About Wolves @ Sweet
- 5:30PM ‡ Bingo @ Sweet
- 6:30PM ‡ Trivia @ Sweet

## SATURDAY, MAR 8

- 9:15AM ‡ Animal Detective @ Sweet
- 9:30AM \* Parachute Games @ Sweet
- 10:15AM ‡ Bird is the Word @ Sweet
- 10:30AM ‡ Children's Story Time @ Library
- 10:30AM ✨ Stone Age Survival @ Sweet
- 12:30PM ✨ Ancient Discoveries @ Sweet
- 12:30PM \* Little Explorers @ Sweet
- 12:45PM ‡ Basketball @ Longhouse
- 1:45PM ‡ Capture the Flag @ Sweet
- 1:45PM ✨ Origami @ Sweet
- 2:00PM ‡ Primitive Fire Building @ Sweet
- 2:15PM ‡ Floor Hockey @ Longhouse
- 3:00PM ‡ Tower Power @ Sweet
- 3:15PM \* Junior Survival @ Sweet
- 3:45PM ‡ Make Ice Cream @ Sweet
- 4:15PM ‡ Backyard Black Bears @ Sweet

## COMMUNITY FIRE SATURDAY 5:30PM-7:30PM

Come join a free community  
campfire at Sweet Memorial. Get  
out of the snow and enjoy the  
cozy vibes. Feel free to bring  
smores supplies or purchase a  
smores kit when you arrive!

## SUNDAY, MAR 9

- 9:15AM ‡ Dig in the Dirt @ Sweet
- 9:30AM \* Parachute Games @ Sweet
- 10:15AM ‡ Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM \* Little Explorers @ Sweet
- 12:45PM ‡ Volleyball @ Longhouse
- 1:45PM ✨ Origami @ Sweet
- 2:00PM ‡ Primitive Fire Building @ Sweet
- 2:15PM ‡ Floor Hockey @ Longhouse
- 3:15PM \* Junior Survival @ Sweet
- 3:45PM ‡ Marshmallow Catapults @ Sweet
- 4:15PM ‡ What About Wolves @ Sweet

## MONDAY, MAR 10

- 9:15AM ‡ Dig in the Dirt @ Sweet
- 9:30AM \* Parachute Games @ Sweet
- 10:15AM ‡ Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM \* Little Explorers @ Sweet
- 2:00PM ‡ Primitive Fire Building @ Sweet
- 2:15PM ‡ Floor Hockey @ Longhouse
- 3:15PM \* Junior Survival @ Sweet
- 3:45PM ‡ Oobleck @ Sweet
- 4:15PM ‡ What About Wolves @ Sweet

## TUESDAY, MAR 11

- 9:15AM ‡ Animal Detective @ Sweet
- 9:30AM \* Parachute Games @ Sweet
- 10:15AM ‡ Bird is the Word @ Sweet
- 10:30AM ✨ Stone Age Survival @ Sweet
- 12:30PM \* Little Explorers @ Sweet
- 3:15PM \* Junior Survival @ Sweet
- 3:45PM ‡ Slime @ Sweet
- 4:15PM ‡ Backyard Black Bears @ Sweet

## WEDNESDAY, MAR 12

- 9:15AM ‡ Dig in the Dirt @ Sweet
- 9:30AM \* Parachute Games @ Sweet
- 10:15AM ‡ Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM \* Little Explorers @ Sweet
- 2:00PM ‡ Primitive Fire Building @ Sweet
- 2:15PM ‡ Floor Hockey @ Longhouse
- 3:15PM \* Junior Survival @ Sweet
- 3:45PM ‡ Marshmallow Catapults @ Sweet
- 4:15PM ‡ What About Wolves @ Sweet

## THURSDAY, MAR 13

- 9:15AM ‡ Animal Detective @ Sweet
- 9:30AM \* Parachute Games @ Sweet
- 10:15AM ‡ Bird is the Word @ Sweet
- 10:30AM ✨ Stone Age Survival @ Sweet
- 12:30PM \* Little Explorers @ Sweet
- 3:15PM \* Junior Survival @ Sweet
- 3:45PM ‡ Oobleck @ Sweet
- 4:15PM ‡ Backyard Black Bears @ Sweet



# PROGRAM DESCRIPTIONS

## FAMILY FUN

**AMBER PENDANT (1hr)**  
Participants will delve into the process of encasing bugs and plants in crystal-clear, amber-colored resin. This activity is for ages 10+.

**ANCIENT DISCOVERIES (1hr)**  
Join us in discovering ancient artifacts out of a disc of earth.

**ANIMAL DETECTIVE (1hr)**  
Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues are outside.

**BACKYARD BEARS (30min)**  
Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

**BIRD IS THE WORD (1hr)**  
Come learn about fall birds in our area and make your very own bird feeder.

**FIRE QUEST (1hr)**  
Fire can be a life-saving tool. Learn how to spark safe fires.

**JUNIOR SURVIVAL (30min)**  
Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt.

**PARACHUTE GAMES (30min)**  
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.

**SURVIVAL (1hr)**  
Learn some important skills to help you stay safe in the wilderness.

**TOWER POWER (1hr)**  
Learn how structures get their strength and construct our own.

**WALK IN THE WOODS (1.5hr)**  
Take a leisurely hike around property to explore the trees, plants, and animals in our area!

**LITTLE LEARNERS FOR KIDS UNDER AGE 6: DINOCONES (1hr)**

Crafters will create a dinosaur using a pinecone and pre-cut head, legs, and tail pieces. Hot melt glue will be assisted by staff.

**DINOSAUR JAR LANTERN (1hr)**  
Get ready to light up your world with creativity! In this fun and engaging class, you will learn how to make enchanting tea light lanterns using plastic mason jars, paint, and silhouette dinosaur stickers. Ages 4 and up.

**ELASTIC JEWELRY (1hr)**  
Beginner beading class for everyone 4 years or older.

**LITTLE EXPLORERS (30 min)**  
Explorers use their senses to observe and investigate the world.



## CRAFT CLASSES

Registration Required for Craft Classes;  
Prices vary, Drop in crafts available all day

### FRIDAY, MAR 7

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinosaur Jar Lanterns 4+ @ Craft and Design Center

### SATURDAY, MAR 8

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinosaur Jar Lanterns 4+ @ Craft and Design Center
- 1:00PM ✨ Preserved in Amber Pendant or Keychain 10+ @ Craft and Design Center

### SUNDAY, MAR 9

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinocones Figurines 4+ @ Craft and Design Center
- 1:00PM ✨ Preserved in Amber Pendant or Keychain 10+ @ Craft and Design Center

### MONDAY, MAR 10

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinosaur Jar Lanterns 4+ @ Craft and Design Center

### TUESDAY, MAR 11

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinocones Figurines 4+ @ Craft and Design Center
- 1:00PM ✨ Preserved in Amber Pendant or Keychain 10+ @ Craft and Design Center

### WEDNESDAY, MAR 12

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinosaur Jar Lanterns 4+ @ Craft and Design Center

### THURSDAY, MAR 13

- 10:00AM \*Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM \*Dinocones Figurines 4+ @ Craft and Design Center
- 1:00PM ✨ Preserved in Amber Pendant or Keychain 10+ @ Craft and Design Center

Click [here](#) to register or call 970.586.3341x1104 for more info.

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# ADVENTURE ACTIVITIES

Registration Required

Archery, Climbing \$12/person. Click [Here](#) or call x1104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to lightning.

## INDOOR ARCHERY

Located at the Roller Rink. Sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and older, up to 12 people per session.

## NELSEN FAMILY INDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 8 people per session.

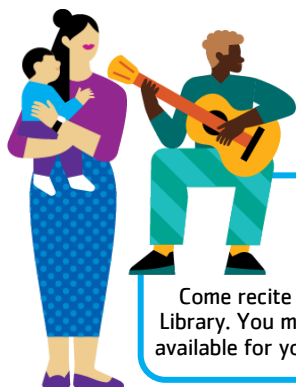
# DORSEY MUSEUM PROGRAMS

## FRIDAY MARCH 7 2PM - DINO DIG

Join us on the museum lawn for a scavenger hunt and excavation of dinosaurs. Dress warmly as we'll be digging in the ice and snow to find dinos buried below. The entire program will be outside; no registration required.

## SATURDAY MARCH 8 10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Capacity limited; no registration required.



### COLD WEATHER GEAR AVAILABLE!

We have boots, microspikes, snow shoes, trekking poles and more. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Call x8402 for pricing

### MAUDE JELLISON LIBRARY PROGRAMS MARCH 10; 6:30PM POEMSHARE: OPEN MIC

Come recite a poem or sing a song for everyone in the cozy surroundings of the Maude Jellison Library. You may present your own original work or "cover" versions of a poem or song. Guitars are available for your use. Please keep presentations under 4 minutes. You may also just come to listen.



# CHAPEL ACTIVITIES

## SUNDAY, MAR 9 10:00AM WORSHIP IN THE ROCKIES

Worship with us in Ponder Chapel. Everyone is invited to join us for this hour of worship!

### ADDITIONAL CHAPEL PROGRAMS

#### INTERACTIVE PRAYER TRAIL

Located behind the Leggett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession.

#### LABYRINTH

Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum.

#### BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

#### PRAYER DANNEN CHAPEL

Entrance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

#### BEATITUDE STUDY TRAIL

Enjoy a mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is at Dorsey Lake

#### STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.



# GUIDED HIKING

Registration Required

Call x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel, at least 24 hours in advance.

It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snow-shoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

**Difficulty:** A=Difficult B=Demanding+ C=Demanding D=Strenuous E=Moderate+ F=Moderate G=Easy

|                                                                                                                       | HIKE                        | MILES RT | ELEV. GAIN | GRADE | HIKEMASTER |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------|----------|------------|-------|------------|
| <b>SATURDAY, MAR 8</b>                                                                                                |                             |          |            |       |            |
| 8:30AM-2:00PM                                                                                                         | Eugenia Mine and Storm Pass | 4.6      | 890'       | E     | Tom D.     |
| <i>Snowshoe from Longs Peak Ranger Station up to Eugenia Mine and then contour through the woods up to Storm Pass</i> |                             |          |            |       |            |
| <b>WEDNESDAY, MAR 12</b>                                                                                              |                             |          |            |       |            |
| 9:30AM-1:00PM                                                                                                         | Dream Lake                  | 2.2      | 500'       | G     | Steve J.   |
| <i>Enjoy a snowy but gentle climb from the Bear Lake Trailhead, past Nymph Lake, and to the frozen Dream Lake.</i>    |                             |          |            |       |            |

## ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.



Click [here](#) to register or call 970.586.3341x1104 for more info.

At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide.

# SPRING BREAK PROGRAMS

# JURASSIC ESTES PARK

## YMCA OF THE ROCKIES

Journey back in time with our “Jurassic Estes Park” themed programs for spring break! Enjoy these limited-time programs during the month of March at Estes Park Center.

### Family Programs (March 8–April 2)

- 📍 Sweet Memorial Program Building (unless noted)
  - Diggin’ in the Dirt – Unearth history (Sun, Mon, Wed, Fri – 9:15 AM)
  - Primitive Fire Building – Learn survival fire-making (Sun, Mon, Wed, Tue, Thu, Sat – 2:00 PM)
  - Jr. Survival – Hiking skills & scavenger hunt (Sun, Mon, Wed, Tue, Thu, Fri, Sat – 3:15 PM)
  - Stone Age Survival – Master ancient survival techniques (Tue, Thu, Sat – 10:30 AM)
  - Ancient Discoveries – Test your paleontology skills (Fri, Sat – 12:30 PM)
  - Dino Dig – Scavenger hunt & icy dino excavation (Fri – 2:00 PM, Lula Dorsey Museum)
  - Arch Hike – Explore an ancient rock shelter (Sat – 10:00 AM, Lula Dorsey Museum)

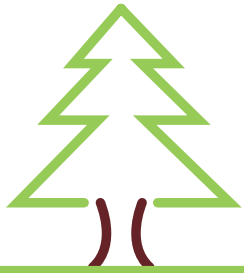
### Craft Workshops (March 1– April 6)

- 📍 Mootz Family Craft & Design Center
  - Daily (10:00 – 11:00 AM) – Jewelry Making (Elastic Necklace or Bracelets) – \$10 | Ages 4+
  - Select Dates (11:00 AM – 12:00 PM) – Dinocones (Pinecone Dinosaurs) – \$5 | Ages 4+
  - Select Dates (11:00 AM – 12:00 PM) – Dinosaur Jar Lanterns – \$10 | Ages 4+
  - Select Dates (1:00 – 2:30 PM) – Preserved in Amber (Custom Pendant/Keychain) – \$15 | Ages 10+

**Craft workshops run on select dates—check the Activity Guide for availability!**

View the Activity Guide here





# MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin  
**(720)218-1953 - Text is best!**  
**www.homegrownyoga.com**

**HOMEGROWN**  
yoga & massage



*Relax | Renew | Release | Revitalize*

Homegrown Yoga & Massage offers state-of-the-art massage therapy services in a serene mountain cabin located conveniently on the grounds of the YMCA of the Rockies on the corner of Friendship Lane and Association Drive.

**Hours of operation:**

Daily 9am-5pm

**To schedule your appointment:**

Text Laura: (720) 218-1953 - texting is the most reliable and quickest way!

Email: [laura@homegrownyoga.com](mailto:laura@homegrownyoga.com)

Please let me know:

- 1) Ideal day and time you'd like to receive your massage
- 2) Dates you are staying in Estes
- 3) Your full name
- 4) Number and length of massage(s) you would like.

By providing me this information, it will expedite the scheduling process.

**Location:**

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

**Payment:**

Pay at time of service at massage cabin. Cash and room charge preferred. Credit cards accepted. No Venmo payments or insurance reimbursement.

**Yoga classes:**

Private yoga classes available for individuals and groups. See website for information and pricing.

**Services & Prices:**

|         |       |                                                                           |
|---------|-------|---------------------------------------------------------------------------|
| 30 min  | \$70  | Perfect for achy feet or a great neck and back massage                    |
| 60 min  | \$110 | Perfect for full body massage focusing on relaxation and health promotion |
| 90 min  | \$160 | Allows additional time to focus on a certain pain issue                   |
| 120 min | \$230 | Allows time for multiple modalities and an in-depth full body massage     |

**No time add ons:**

|                        |                     |
|------------------------|---------------------|
| Deep Tissue: Included  | Body Brushing: \$15 |
| Foot Sugar Scrub: \$10 | Hot Stone: \$20     |

**Four pack/one hour: \$420**

Complimentary aromatherapy with every massage.

**48 hour cancellation policy or full charge.**

***"helping people be their best"***

