# May at Lifestream

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat. / Sun. |
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| **COMING JUNE!**<br>**Friday, June 13 – 7 pm**<br>Adnan Sarhan, Sufi Master, Drumming Concert<br>Roanoke Ballet Theatre – 1318 Grandin Rd, SW<br>**Saturday, June 14 – 11:30 am – 6 pm**<br>Workshop with Adnan Sarhan<br>Lifestream Center<br>**Sunday, June 15 – 11:30 am – 6 pm**<br>Workshop with Adnan Sarhan<br>Lifestream Center | | | **1**<br>**Office Closed**<br>**Hatha Yoga w/Johonna**<br>9:30-10:30 a<br>**Tai Chi w/Lieven**<br>10:30-11:30 a<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Yoga w/ Sally**<br>5:30-6:30 p/Studio | **2**<br>**Office Closed**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2 | **3**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Gateway Healing Ceremony & Healing Attunement of the White Brotherhood of Light w/Azurae Windwalker**<br>1 to 6 p/Studio<br>**4**<br>Sunday |
| **5**<br>**Office Hours:**<br>10-12 Helen<br>1-4 Carolyn<br>**No Tai Chi**<br>**Touch for Health w/Karen Beleck**<br>9 a-5 p/Studio<br>**Psychic Readings w/Mel**<br>**Belly Dancing w/Johonna**<br>7-8 p & 8-9 p | **6**<br>**Office Hours:**<br>10-4 Carolyn<br>**Touch for Health w/Karen Beleck**<br>9 a – 5 p/Studio<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**You Can Heal Your Life: The Movie**<br>7 p/Studio | **7**<br>**Office Hours:**<br>10-4 Carolyn<br>**Touch for Health w/Karen Beleck**<br>9 a – 5 p/Studio<br>**Acupuncture w/Carolyne**<br>Rooms 2 & 3<br>**Psychic Readings w/Mel** | **8**<br>**Office Closed**<br>**No Hatha Yoga**<br>**No Tai Chi**<br>**Reflexology III w/Karen Beleck**<br>9 a-5 p/Studio<br>**Acupuncture**<br>w/Carolyne<br>Rooms 2 & 3<br>**Psychic Readings w/Mel**<br>**Yoga w/Sally**<br>5:30-6:30 p/Studio | **9**<br>**Office Closed**<br>**Reflexology III w/Karen Beleck**<br>9 a – 5 p/Studio<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2 | **10**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**11**<br>**Eckankar Worship Service**<br>"If Nothing Changes: Nothing Changes"<br>11 a - 12 noon/Studio<br>Sunday |
| **12**<br>**Office Hours:**<br>10-12 Marianne<br>**Tai Chi w/Lieven**<br>10:30-11:30 a<br>**Psychic Readings w/Mel**<br>**Belly Dancing w/Johonna**<br>7-8 p & 8-9 p | **13**<br>**Office Closed**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Embracing the Infinite Sophia w/Aphrodette** – 7 p | **14**<br>**Office Hours:**<br>10-4 Carolyn<br>**Psychic Readings w/Mel** | **15**<br>**Office Closed**<br>**Hatha Yoga w/Johonna**<br>9:30-10:30 a<br>**Tai Chi w/Lieven**<br>10:30-11:30 a<br>**Reflexology w/Candace** – Room 2<br>**Yoga w/Sally**<br>5:30-6:30 p/Studio<br>**Diksha w/Nancy Strachan -** 7 p/Studio | **16**<br>**Office Closed**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Reiki III w/Jeanne Greening**<br>7 to 9 p/Studio | **17**<br>**Reiki III w/ Jeanne**<br>10 a-5 p/Studio<br>**Writing Your Creative Journey w/Tameko**<br>"Cleansing"<br>1:30-3:30 p/Room 3<br>**Psychic Readings w/Mel**<br>**18**<br>**Reiki III w/Jeanne**<br>9 a – 5 p/Studio<br>Sunday |
| **19**<br>**Office Hours:**<br>10-12 Helen<br>12-4 Carolyn<br>**Tai Chi w/Lieven**<br>10:30-11:30 a<br>**Psychic Readings w/Mel**<br>**Belly Dancing w/Johonna**<br>7-8 p & 8-9 p | **20**<br>**Office Hours:**<br>10-4 Carolyn<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Self-Inquiry Meditation**<br>7-8:30 p/Studio | **21**<br>**Office Hours:**<br>Carolyn<br>**Psychic Readings w/Mel**<br>**Reiki Open-to-the Public** 7p/Studio | **22**<br>**Office Closed**<br>**Hatha Yoga w/Johonna-Studio**<br>9:30 – 10:30 a<br>**Tai Chi w/Lieven**<br>10:30-11:30 a<br>**Reflexology w/Candace** – Room 2<br>**Yoga w/Sally**<br>5:30-6:30 p/Studio<br>**Tarot Share w/Aphrodette**<br>7 p/Studio | **23**<br>**Office Closed**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Raymon Grace** 6 p | **24**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**25**<br>**Eckankar Worship Service**<br>"Responsibility & Spiritual Freedom"<br>11a - 12 noon/Studio<br>**Rosicrucian Order, AMORC Living Light**<br>**Pronaos Convocations**<br>Members Only 2 p,<br>Public Meeting 3 p |
| **26**<br>**Memorial Day**<br>**Lifestream Closed** | **27**<br>**Office Hours:**<br>10-4 Carolyn<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Boot Camp Check-in w/Jen**<br>6:45 p | **28**<br>**Office Hours:**<br>10-4 Carolyn<br>**Psychic Readings w/Mel** | **29**<br>**Office Closed**<br>**Hatha Yoga w/Johonna**<br>-Studio 9:30 – 10:30 a<br>**Tai Chi w/Lieven**<br>10:30-11:30 a<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2<br>**Yoga w/Sally**<br>5:30-6:30 p/Studio | **30**<br>**Office Closed**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2 | **31**<br>**Psychic Readings w/Mel**<br>**Reflexology w/Candace** – Room 2 |