

# March 2023 Events



1583 S. Calumet Rd., Chesterton, IN

## YOGA is Back!

Enjoy yoga combined with the healing properties of Halotherapy.

Our instructor Kiki has studied the Alexander Technique and Fitzmaurice breath work, creating a flow to ease you into the world of YOGA!

**March 11<sup>th</sup> & 12<sup>th</sup> @ 10:00 am (more dates to come)**

## Tai Chi Easy & Dry Salt Therapy

Join Kristy Putnam, Tai Chi Easy™ Senior Trainer of the Integral Institute of Qigong and Tai Chi and a certified health coach. Tai Chi Easy™ is a practice that combines gentle exercises, breath practices, self-massage, and meditation to help you experience a refreshing, healing boost to body, mind, and spirit. The slow, flowing movements of Tai Chi have evidence-based health enhancing effects, including increased blood flow, improved cardiovascular fitness, brain plasticity, better sleep, and improved mood.

During class, you may stand or sit. You will be taught simple Tai Chi principles including breathing, posture, relaxation, and mindfulness.

**First Saturday of the month @ 10:00 am: March 4<sup>th</sup> Saturday  
April 1<sup>st</sup> Saturday  
\$40 per person**

## Qigong Meditation & Dry Salt Therapy

Join Kristy Putnam, Tai Chi Easy™ Senior Trainer of Integral Institute of Qigong and Tai Chi and certified health coach for Qigong Meditation. We will relax in zero gravity chairs after gentle seated mindful movement, practicing Breath Medicine, Progressive Relaxation, Guided Visualization, and Self-massage.

**Third Saturday of the month @ 10:00 am: March 18<sup>th</sup> Saturday  
Introductory Price \$40 per session**

## Wellness Wednesday

Reduced Sessions  
Salt Cave Sessions \$25, Ionic Foot Detox Sessions \$25  
Combo Session \$50

## Friday Happy Hour

Every Friday @ 5:00 pm  
Salt Cave Sessions \$20

## Singing Crystal Bowls & Dry Salt Therapy

### Special Addition: Green Balance CBD Presentation

**March 11<sup>th</sup> Saturday @ 4:00 pm  
April 15<sup>th</sup> Saturday @ 4:00 pm  
\$45 per person**

Preregistration required for each event.

[www.EvexiaSaltCave.com](http://www.EvexiaSaltCave.com) or (219) 728-6791

Coupons do not apply to discounted sessions.

48-hour cancellation notice required for refund.

For further details, please visit [www.EvexiaSaltCave.net](http://www.EvexiaSaltCave.net) &/or Facebook.

**Now accepting Health Savings cards (HSA & FSA)**

Please arrive 15 minutes before scheduled session, Salt Cave Sessions start promptly on the hour.