

july

APOTHECARY HOURS:

MON - Closed
TUE - FRI - 10:00AM - 5:00PM
SAT - 10:00AM - 2:00PM
SUN - Closed

*Classes and services
available outside of
apothecary hours.*

/ 2023

Energy is everything, and true healing is a reflection of your mental/emotional, physiological, and spiritual health.

Join us for a class to help you release, restore, and realign. Summer is the season of bringing forth what you are called to create, even if that is more self-awareness!

NEW & NOW

- Functional medicine monthly membership open
- Herbal Medicine-Making Workshops
- More!

Welcome to a higher dimension of healing.

302.344.1789
hello@taoholistics.com
www.taoholistics.com

tao holistics

Boutique Apothecary & Functional Medicine

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 <i>What ideas, dreams, visions, or talents are you keeping hidden? Let them out into the world!</i>	4	5	6 Create Your Altar Space w/Amanda 6-7:30pm	7	8 Magic of Common Kitchen Herbs w/Amber 1-3pm	9
10	11 Meet Your Spirit Guides w/Amanda 6-7:30pm	12	13	14 <i>Is there a healing food you've never tried before but want to? Do it!</i>	15	16
17 New Moon Reiki Ceremony w/Blair 5:30-7pm	18	19 Gentle Yoga: Detox w/Teri 6-7:30pm	20 Herbal Medicine-Making: Stress Relief w/Cicely 5:30-7:30pm	21	22 Intuitive Collage Circle w/Elizabeth 12-2pm	23
24 Yoga Nidra & Lavender w/Amber 6-7:30pm	25 Herbal Medicine-Making: Stress Relief w/Cicely 5:30-7:30pm	26 Gentle Yoga: Open the Heart space w/Teri 6-7:30pm	27	28	29	30

Shop the complete retail collection at www.taoandsaloma.com!

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NEW & NOW

- Enroll in one of our Detox programs!
- Herbal Medicine-Making Workshops
- More!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Meet Your Spirit Guides w/Amanda 6-7:30pm	2 Gentle Yoga: Detox w/Teri 6-7:30pm	3 Morning Yoga: Stillness w/Teri 8-9:30am 	4	5	6
7	8 Herbal Medicine-Making: Inflammation & Pain w/Cicely 5:30-7:30pm	9 Gentle Yoga: Open the Heart w/Teri 6-7:30pm	10 How to Honor Your Ancestors w/Amanda 6-7:30pm	11	12 Tarot 101 Class w/Blaire 1-3pm	13
14	15 <i>Do you have a spiritual practice? Effortlessly start with one of our workshops!</i>	16 Gentle Yoga: Detox w/Teri 6-7:30pm	17 Morning Yoga: Gratitude w/Teri 8-9:30am 	18	19 Herbal Medicine-Making: Inflammation & Pain 10am-12pm Magic of Common Kitchen Herbs 1-3pm	20
21	22 Herbal Medicine-Making: The Brain w/Cicely 5:30-7:30pm	23 Gentle Yoga: Open the Heart space w/Teri 6-7:30pm	24	25	26	27
28 Yoga Nidra & Lemon Balm w/Amber 6-7:30pm	29	30 Gentle Yoga: Detox w/Teri 6-7:30pm	31 Morning Yoga: Stillness w/Teri 8-9:30am 			

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