



2025 ASTORIA WELLNESS PROGRAMS

Join us for monthly wellness programs including a soak at Astoria Hot Springs!
Registration is required and available on the 15th of the month prior.

- Sunday, January 12th: Morning Meditation in the River Pool
- Sunday, January 19th: Yoga + Sound Bath
- Sunday, January 26th: Integrative Breathwork
- Sunday, February 2nd: Morning Meditation in the River Pool
- Saturday, February 23rd: Astoria's Wellness Retreat
- Sunday, March 2nd: Morning Meditation in the River Pool
- Sunday, March 16th: Yoga + Sound Bath
- Sunday, April 13th: Morning Meditation in the River Pool
- Sunday, April 27th: Yoga + Sound Bath
- Sunday, May 4th: Morning Meditation in the River Pool
- Saturday, May 10th: Mindful Me Children's Program
- Sunday, May 18th: Yoga + Sound Bath
- Sunday, May 25th: Integrative Breathwork
- Sunday, June 8th: Yoga + Sound Bath
- Sunday, July 13th: Yoga + Sound Bath
- Saturday, August 23rd: Astoria's Wellness Retreat
- Sunday, September 7th: Morning Meditation in the River Pool
- Sunday, September 14th: Yoga + Sound Bath
- Sunday, October 5th: Morning Meditation in the River Pool
- Sunday, October 12th: Yoga + Sound Bath
- Sunday, October 19th: Mindful Me Children's Program
- Sunday, October 26th: Integrative Breathwork
- Sunday, November 2nd: Morning Meditation in the River Pool
- Sunday, November 16th: Yoga + Sound Bath
- Sunday, December 7th: Morning Meditation in the River Pool
- Sunday, December 14th: Yoga + Sound Bath



CORE PROGRAMS:

MORNING MEDITATION

Rooted Mind will facilitate a morning meditation while soaking in the calming waters of Astoria Hot Springs.

YOGA + SOUND BATH

Yoga flow + crystal sound bowls bath + soak at Astoria Hot Springs facilitated by Medicine Wheel Wellness.

INTEGRATIVE BREATHWORK

A transformational class created to improve health, healing, increase energy, and balanced well-being utilizing the modalities of breathwork, dynamic movement, music, voice activation, intention setting, and visualization.

**SIGN UP
HERE!** ➔



ASTORIAPARK.ORG/EVENTS

Are program fees prohibitive to you?
Email: carolyn@astoriapark.org



ASTORIA
PARK CONSERVANCY

