BROWNSTONE STATION
WELLNESS CENTER

NOVEMBER 2026 / WEEKLY CLASS CALENDAR

Yoga + Movement

A weekly rhythm of movement, rest, and connection.

B = Lodge Studio, Suite B | **D** = Meadowsweet Studio, Suite D | * = Zoom option

MONDAY

9-10:15 AM	**Strengthen, Flow + Restore***	
	Debbie Rill	**D**
10:30-11:30 AM	**All Levels Vinyasa Flow***	
	Julieta Grodensky · Gently heated	**B**
4-5:15 PM	**Beginner Yoga**	
	Stephanie Johnston	**D**
5:45-6:45 PM	**Gentle Vinyasa***	
	Cindy Lesher	**B**
7:15-8:15 PM	**Gentle Yoga Nidra***	
	Crystal Deller / Jen Wootten	**B**

TUESDAY

9-10:15 AM	**Beginner Yoga**	
	Stephanie Johnston	**D**
5:45-6:45 PM	**Warm Mindful Moderate Vinyasa**	
	Lizzi Hauck · Gently heated	**B**
7-8 PM	**Cozy Yoga**	
	Lizzi Hauck · Gently heated	**B**

WEDNESDAY

9-10:15 AM	**Beginner Yoga**	
	Stephanie Johnston	**D**
9:30-10:30 AM	**Warm Vinyasa Flow**	
	Molly Diodato · Heated 80-90°F	**B**
10:30-11:15 AM	**Chair Yoga**	
	Stephanie Johnston	**D**
11 AM-12:15 PM	**Yoga + Meditation**	
	Shanthi Rao	**B**
5:45-6:45 PM	**Vin to Yin**	
	Lizzi Hauck / Jill Lawley · Gently heated	**B**
7:15-8:15 PM	**Beginner Yoga**	
	Sonnya Nieves	**B**

THURSDAY

9:30-10:30 AM	**LAAIC SO'HAM: Haṃsa Krama L1***	
	Julieta Grodensky	**B**
6-7:15 PM	**All Levels Hatha Yoga**	
	Stephanie Johnston	**D**
7:15-8:15 PM	**Restorative Yoga**	
	Cecilia Arvelo	**B**

FRIDAY

9-10:15 AM	**All Levels Hatha Yoga**	
	Stephanie Johnston	**D**
9:30-10:30 AM	**Breath + Flow**	
	Melissa Winch · $13.50 drop-in	**B**
10:45 AM–12 PM	**Low Impact Yoga**	
	Stephanie Johnston	B
4:45-5:45 PM	**Power Flow Friday**	
	Nikki Bricker · Heated 80-90°F	**B**

SATURDAY

8:15-9:30 AM	**All Levels Hatha Yoga**	
	Stephanie Johnston	**D**

SUNDAY

12-1 PM	**Community Yoga**	
	Free Spirit Yoga · Donation based	**D**
7-8:15 PM	**75 Minute Yin Yoga**	
	Sonnya Nieves	**B**

November notes

No Hatha Nov. 26.
No Friday Hatha or Low Impact Nov. 27.
Please check the live calendar before each visit.

Class Pass Plans

MOVE OFTEN. FIND YOUR FLOW.

Plan	Classes	Price	Valid for
New Student Discovery	3	$33	8 days[1]
Single Class	1	$20	2 months
Military / Student (age 13+)	1	$13.50	2 months
5-Class Plan	5	$90	3 months
10-Class Plan	10	$135	6 months
20-Class Plan	20	$270	9 months
33-Class Plan	33	$363	3 months
Mindful Vinyasa + Cozy Yoga	2, back-to-back	$29	1 month

[1] New students who are local full-time residents; choose a start date and a different class each visit. Purchaser only.
5-, 10-, 20- and 33-class plans are shareable. Eligibility varies by class; special events may have separate tuition.
Breath + Flow with Melissa: all class pass plans accepted; special drop-in rate $13.50.

Scan to view live dates and reserve your class.

brownstonestation.com | Text (717) 927-7500
320 E. 2nd St., Hummelstown, PA 17036

BROWNSTONE STATION
WELLNESS CENTER

UPCOMING EVENTS / NOV. 2026 – DEC. 2027

Gather + Learn

Special events, seasonal gatherings, and Massage CE classes.

FALL + HOLIDAY 2026

NOV. 14 & 28 · DEC. 12 | 10–10:40 AM
Family Yoga with Michelle Moglia
Meadowsweet (D) · Families with children ages 2–7.

NOV. 20 & DEC. 18 | 6–7:15 PM
Full Moon Yoga
Lodge (B) / outdoors, weather permitting · Zoom option.

SAT–SUN, NOV. 21–22
A Weekend with Sarah Paz Hyde
Spirit of the Breath: Sat. 3–4:30 PM.
Sound Journey: Sat. 6:30–8 PM or Sun. 10–11:30 AM.
Lodge (B) · Reserve each experience online.

NOV. 22 | 3–5 PM · RETURNS JAN. 24
Ecstatic Dance with Tracy Buikema
Lodge (B) · $25 single / $45 two-person pass, plus fees.
Fourth Sundays in 2027; no December 2026 session.

FRI, NOV. 27 | 10 AM–2 PM
Black Friday at Brownstone Station
Boutique shopping, seasonal specials, cider and snacks.

FRI, DEC. 4 | 6–7:15 PM
New Moon Yoga
Nikki Bricker · Lodge (B) + Zoom.

WED, DEC. 9 | 6–8 PM
Do It Afraid: A Workshop on Courage
Erica Lawrence · $75 · Ages 18+ · Meadowsweet (D).
Register directly with Erica via the event listing.

SAT, DEC. 19 | 10–11:30 AM
Winter Solstice 108
Lizzi Hauck · Meadowsweet (D).

SUN, DEC. 20 | 2–4 PM
Mind.Body.Sole(s) – Winter Solstice
Crystal & Sonnya · Lodge (B).

NEW YEAR, NEW BRAIN · DR. KELLY IHME

JAN. 12, 2027 | 7–8:15 PM
Mindfulness for Everyday Stress & Focus
Meadowsweet (D) · $45 per person.

TUESDAYS, FEB. 2–MAR. 9 | 7–8:15 PM
Peak Cognitive Performance
Six-week series · Meadowsweet (D) · $295.
Gmail required for Google Classroom materials.

MASSAGE CONTINUING EDUCATION · 2027

JAN. 5 | STARTS 10:30 AM
Foundations of Cupping · 8 CE
Jim Earley, LMT · $225 · Cupping set included.
Meadowsweet (D) · jamesearley1@gmail.com

JAN. 9–10 | 9 AM–5 PM DAILY
Hospice Massage · 16 CE
Emma Clites, LMT · $400 · Meadowsweet (D).
Register through instructor payment link online.

JAN. 11–12 | STARTS 8 AM DAILY
Hand-Saving Reflexology · 18.5 CE
Donna Lenzi · $388.50 · Meadowsweet (D).
Register directly with Donna via the event listing.

JAN. 16 | 1–6 PM
Energy-Smart Therapist · 5 CE
Self-Care, Boundaries & Burnout Prevention.
Kara Lovehart · $125 · Meadowsweet (D).

JAN. 17 | 9 AM–6 PM
MindBody Reset · 8 CE
Stress management and burnout prevention.
Kara Lovehart · $200 · Meadowsweet (D).

JAN. 21 | 9 AM–6 PM
Restorative Touch · 8 CE
Massage Therapy for Chronic Stress and Trauma.
Kara Lovehart · $200 · Meadowsweet (D).

JAN. 26 | STARTS 10:30 AM
Advanced Cupping: Static ROM · 8 CE
Jim Earley, LMT · $225 · Meadowsweet (D).
Foundations prerequisite; cupping set included.
Register: jamesearley1@gmail.com

Kara's registration links are live. Jan. 17 & 21 include a one-hour lunch. Cupping finish times: confirm with Jim.
CE details & registration: brownstonestation.com/post/education

MORE TO LOOK FORWARD TO IN 2027

FEB. 5 · MAY 7 · AUG. 27 · DEC. 3
Quarterly New Moon Yoga with Nikki
6–7:15 PM · Lodge (B) + Zoom.

FEB. 20 OR MAY 15 | 10 AM–5 PM
Developing Your Personal Intuition – Level I
William Stillman · Level II: July 17, 10 AM–5 PM.

APR. 10 & OCT. 30 | 7–9:30 PM
Psychic Gallery with William Stillman
In person or Zoom; choose matching registration.

MAY 23 | NOON–3 PM
Pet Readings with William Stillman
Reserve through the event listing.

Scan for event details, tickets, and CE registration.
brownstonestation.com | Text (717) 927-7500
320 E. 2nd St., Hummelstown, PA 17036