SEP 2024

SUN MON TUE WED THU FRI SAT 01 02 03 05 06 07 04 11am - 4pm 11am - 4pm 1 pm-4:30pm **Appts** Appts with Blue **Appts** Heron Energetics Appts Please book at: 4pm - 5pm 4pm - 5pm blueheroneneraetics.com Sublime Shop Open Sublime Shop Open 12 13 08 09 10 11 14 11am - 4pm 11am - 4pm 11am - 4pm Appts with Missy **Appts Appts** 1 pm-4:30pm Travis **Appts** 4pm - 5pm 4pm - 5pm Please book at: Sublime Shop Open mindfulnourishment4u.com Sublime Shop Open 15 17 19 20 21 16 18 11am - 4pm 11am - 4pm **Appts** Appts with Blue **Appts** 1 pm-4:30pm Heron Energetics **Appts** 4pm - 5pm 4pm - 5pm Please book at: blueheronenergetics.com Sublime Shop Open Sublime Shop Open 22 23 27 28 25 26 24 11am - 4pm 11am - 4pm **Appts** Appts with Blue **Appts** 1 pm-4:30pm Heron Energetics **Appts** 4pm - 5pm 4pm - 5pm Please book at: blueheronenergetics.com Sublime Shop Open Sublime Shop Open 29 30

These are our normal hours, but there may be occasional changes & adjustments.

The Sublime Shop September Specials!

STONE OF THE MONTH: BLUE TOPAZ 20% off this month

MIST OF THE MONTH: ADIRONDACK WALK 20% off this month