

# Ebb and Flow – New Schedule for the Opening of Maya’s New Studio

Posted on [October 25, 2012](#) by [Janet Muniz](#)

*Some days I’m one with it;  
other days I’m the one  
throwing obstacles into the flow.  
It is the flow that motivates ... the ebb and flow,  
one day to the next.  
Foot in front of the other.  
The breath of imagination.*

-Janet Muniz

Originating in the late 1500s, the phrase **ebb and flow** is used to describe the inward and outward movement of ocean tides. According to The American Heritage® Dictionary of Idioms, it also expresses the nature of constant fluctuation ... from decline to increase and back again.



And so it goes with the changing tide of our plans for the **re-opening of Maya Whole Health Studio**. Our expert team (affectionately called Maya’s “Angels”) continues to work mindfully on drywall, taping, painting, floors and fixtures. Plumbers are all done; the electricians and framers, too. The good news: our new space passed an important inspection this week alone!

**Progress isn’t pretty ... but it sure is beautiful.** Allowing for the ebb and flow of these preparations, here’s our best projection for re-opening:

- Limited Services to begin **Thursday, November 1**
- Studio Warming & Blessing Event **Thursday, November 1, 7-9 pm**
- Regular Classes and Full Services to begin **Saturday, November 3**
- Workshop with Alex Baker 8 Limbs in 8 Weeks to start **Sunday, November 4**
- Grand Opening Celebration events **Thursday, November 15-22**

Our [class and workshop schedule](#) is already updated to reflect this new schedule; please take a look and register for your favorites online. For service appointments, please email [info@mayawholehealth.com](mailto:info@mayawholehealth.com) or call 425-271-0200.

*Stay tuned for updates and new details as they become available!*

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