



# HEALING ARTS, YOGA & MASSAGE CENTER

PROPOSED FALL CLASS SCHEDULE, SEPTEMBER 7 - NOVEMBER 1, 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*** New Classes	9:30 - 10:30 am Energy Techniques Sep 28 & Oct 26	9:30 - 10:30 am Homeopathy See Dates Below	9 - 10 am Energy Techniques Sep 30 & Oct 28	7:45 - 8:45 am Wake-Up Yoga II/III REN	8:30 - 10 am Yoga III-IV REN
9:00 - 10:30 am Yoga III / IV REN	* 10:45 - Noon Yoga I / III REN	2 - 3:15 pm Chakra Dance Sept 22 & Oct 27	* 10:15 - 11:30 am Yoga I / III REN	* 9:45 - 10:45 am Fusion DENISE	* 10:15-11:30 am Yoga I / II REN / staff
* 10:45 - Noon Restorative Yoga REN		* 4:00 - 5:00 pm Yoga I REN / staff		***11am - 12:15pm Restorative Yoga REN / staff	11:45am-12:45 pm Big & Little Yoga Party (See Dates Below)
	* 5 - 6 pm Agni (Fire) Yoga DIANA	5:15 - 6:30 pm Yoga II / III PHYLLIS	* 4:20 - 5:20 pm Fusion DENISE	* 5:30 - 6:30 pm Family Yoga I/III REN	Weekend Forums & Workshops (See Dates Below)
* 5:30 - 6:45 pm Yoga I / II REN	* 6:00 - 7:30 pm Feng Shui I Begin date TBA	* 6:40 - 7:40 pm Yoga I / II PHYLLIS	5:30 - 6:45 pm Yoga III / IV REN	***CHAKRA DANCE Fridays: 4 & 6:45pm Sep 24 & Oct 29	
7:00 - 8:30 pm Yoga III / IV REN	* 6:45 - 8 pm Yoga I / II REN	7:45 - 8:45 pm Energy Techniques Sep 29	* 7:00 - 8:15 pm Restorative Yoga REN	***MEDITATION & the Yoga Sutras Fridays, 7 - 8:30 pm, Sep 17 & Oct 15	

**MASSAGE:** Deep Tissue, Swedish, Hot Stone, Aroma-Therapy, Thai Yoga Massage, Reiki & Healing Touch

## "The Healing Power of Yoga" October 22 - 24, 2010

- ∞ How Yoga Heals;  
Integration of Body, Mind & Spirit
- ∞ Pranayama; Intro: Yoga Sutras & Breath
- ∞ Mind your Body;  
Postures that Tap into Inner Strength
- ∞ Anatomy of the Breath
- ∞ Acu - Yoga for Self Care
- ∞ The Body's Energetic Highway; Meridians
- ∞ Exploring the Soul; Mandala & Meditation

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Next Forum: December 3 - 5: "Personal Transformation"

**WE ARE CLOSED**  
Summer Break  
August 22 - September 6

**Big & Little Yoga Party** with Diana Burton  
Sep 18 "Fiesta!" (celebrate joy with hats & maraccas!)  
October 16 "Autumn Celebration"

**Dr. David Wember**, homeopathic consultation  
Saturday, Oct 9: Call 301.424.4048 for an appointment

**HOMEOPATHY** Topics T B A  
with homeopathic advisor, Carol Kramer  
Wednesday: 9:30 - 10:30 am on Sep 15 & Oct 20

**"ENERGY TECHNIQUES"**  
with Michelle Earnest Friday, Oct 1 +  
Tue & Thur am + Wednesday pm - See schedule above

**"Yoga Teacher Certification"**  
week-end trainings begin in OCTOBER 2010  
ASK ABOUT THE PROGRAM A S A P!

**WINTER HOLIDAY SESSION:** Nov 2-Jan 8

## Healing Touch Training, 16 CEU's each

Saturday & Sunday, 9 am - 6 pm each day, Maureen McCracken, PMHCNS, BC, HTCI  
Level I & II: TBA / Level III: 25 - 26 Sept

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