



HEALING ARTS, YOGA & MASSAGE CENTER

SPRING CLASS SCHEDULE (PROPOSED)

MARCH 1 - APRIL 24, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*** New Classes				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	*** 9:30 - 11 am Feng Shui I BEGIN IN MAY	* 10:15 - 11:30 am Yoga I / III REN	* 9:45 - 10:45 am Fusion DENISE	* 10:15-11:30am Yoga I / II REN
* 10:45 - Noon Restorative Yoga REN				* 5:30 - 6:30 pm Family Yoga I/III REN	11:45am-12:30pm Big & Little Yoga Party (See Dates Below)
	* 5 - 6 pm Agni Yoga DIANA	*** 4:00 - 5:00 pm Yoga I REN	* 4:20 - 5:20 pm Fusion DENISE	* 7 - 8:30 pm Meditation March 26, April 23	Weekend Forums & Workshops (See Dates Below)
* 5:30 - 6:45 pm Yoga I / II REN	* 6 - 7:30 pm Feng Shui I CHERYL	5:15 - 6:30 pm Yoga II / III PHYLLIS	5:30 - 6:45 pm Yoga III / IV REN	5 4 0 - 3 7 1 - 4 5 5 5 ren4yoga@aol.com 2300 Fall Hill Ave, Ste 211 Fredericksburg, VA 22401 www.healingartsyoga.com	
7:00 - 8:30 pm Yoga II / IV REN	* 6:45 - 8 pm Yoga I / II REN	*** 6:40 - 7:55 pm Yoga I / II PHYLLIS	* 7:00 - 8:15 pm Restorative Yoga REN	* SUITABLE FOR BEGINNERS	

ASK ABOUT OUR MASSAGE

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

"Mind Your Body!"

March 20-21, 2010

- ☞ BREATHWORK: including study and practice of breathwork (Pranayama), cleansing (Kriya) & energizing (Bandha) techniques.
- ☞ Yogathon: LEARN TO BALANCE! Addressing specific alignment & structural issues through focus on leg and arm balances to enhance strength, flexibility, energy & endurance.
- ☞ YOGA FOR THOSE WHO SUFFER ASTHMA & ALLERGIES: Balance the vital life forces within creating less struggle with your condition & Fun!
- ☞ BIG YOGA: how to use yoga to get flexible & strong when you are muscle bound or overweight.
- ☞ ANATOMY: of the elbows, wrists, hands, knees, ankles & feet.
- ☞ CPR: taught by certified American Heart instructor

Next Yoga Forums: April 9 - 11: "Peace of Mind"
& May 14 - 16: "Understanding the Chakras -
Healing from the Inside Out"

*Credits toward candidacy for yoga teacher certification

Big & Little Yoga Parties

Saturdays: March 27, April 17

Young ones age 3 - 7 with their significant elders!
"For strong bodies, gentle hearts & focused minds"

Dr. David Wember, Homeopathic MD

For consultations at our center on Saturday, April 17
Call Dr. Wember: 301.424.4048

"Path of the Healer"

The Art of Healing with Soul Retrieval

Return to your full & authentic self & develop your own unique skills

Friday evening, March 12: 6:45-8:45 pm

& Saturday, March 13: 10 am - 4 pm

Kay Dougherty, Initiated Shaman in Peruvian tradition

www.hanapacha

Healing Touch Training 2010, 16 CEU's

Saturday & Sunday, 9am - 6pm each day

Maureen McCracken, PMHCNS, BC, HTCI

LEVEL III: 24 & 25 Apr

www.healingartsyoga.com / 2300 Fall Hill Ave, Ste 211, Fredericksburg, VA / 540.371.4555

healingartsyoga.com