



HEALING ARTS, YOGA & MASSAGE CENTER

8 WEEK WINTER SCHEDULE, JANUARY 9 - MARCH 3, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
** APPROPRIATE FOR BEGINNERS		** 6:45-7:45 am Yoga I / III Coming Soon		8-9 am Wake-Up Yoga REN	8:30 - 10 am Yoga III-IV REN
9:00 - 10:30 am Yoga III / IV REN	** 9:30 - 10:30 am Energy Techniques SEE DATES BELOW	** 8 - 9 am Yoga I / III Coming Soon	** 9 - 10 am Energy Techniques SEE DATES BELOW	** 10:45-Noon Restorative Yoga REN	* 10:15-11: 30 am Yoga I / II REN / Staff
** 10:45 - Noon Restorative Yoga REN	** 10:45 - Noon Yoga I / III REN		** 10:15 - 11:30 am Yoga I / III REN	** 5:30 - 6:30 pm Family Yoga I/III REN	** 11:45am-12:45 pm T A I C H I Feb 11
	** 4:00 - 5:00 pm Yoga I / II REN	5 - 6:15 pm Yoga II / III PHYLLIS	** 4:20 - 5:20 pm Strength/Core Fusion ELENA	**Meditation & Yoga Sutras : 7-8:30pm SEE DATES BELOW	Weekend Forums & Workshops (See Dates Below)
** 5:30 - 6:50 pm Yoga I / II REN	** 5:15 - 6:30 pm Pranic Yoga Fusion DIANA	** 6:20 - 7:30 pm Yoga I / II PHYLLIS	5:30 - 6:45 pm Yoga III / IV REN	** MANTRA MEDITATION Friday, 7 - 8:30 pm 27 January: Personal Power 24 Feb: Cosmic Consciousness Ralph Davis, Mantra Master	
7:00 - 8:30 pm Yoga III / IV REN	** 6:45 - 8 pm Yoga I / III REN	** 7:30 - 8:30 pm Energy Techniques SEE DATES BELOW	** 7:00 - 8:15 pm Restorative Yoga REN		

Yoga Teacher Training R.Y.T.
540.371.4555

500 level **Beginning soon!**
ren4yoga@yahoo.com

“Secrets of Personal Transformation”
February 18 & 19, 2012
Vimala Ren Fields

- ☞ Stress Undoing
- ☞ Pranayama: Yoga Sutras & Breath
- ☞ the Yoga Sutras on “Living Well”
- ☞ Mind your Body; Standing Poses
- ☞ Meditation & Breathwork
- ☞ The Body’s Energetic Highway; Meridians
- ☞ Anatomy of the Neck & Shoulders
- ☞ Difficult Emotions
- ☞ Acu - Yoga
- ☞ Yoga Teacher Training

*** Next Forum: March 23-25, 2012: “CHAKRAS”

Big & Little Yoga Party with Diana Burton
January 21 & February 18
Saturdays, 11:45 am - 12:45 pm

Dr. David Wember, homeopathic consultation
Call 301.424.4048 for an appointment

Metaphysical Meet-up with Kandra Orr
1st & 3rd Wednesdays, 7:30-9 pm

FENG SHUI FOR THE REST OF US!
Ask: workshops on Space Clearing & De-Cluttering
Apply the principles to your entire house / bring your floor plan!

1 hour EDEN ENERGY WORKSHOPS with Michelle
February 7 - 9: “Harmone Balancing”
Tuesday, 9:30am / Wednesday, 7:30pm / Thursday, 9am

Tai Chi with Christi Ahl
2nd Saturdays each month, 11:45 am - 12:45 pm (please pre-register)

FRIDAY MEDITATION & YOGA SUTRA CLASS, 7:00 - 8:30 PM
February 10

Healing Touch Training,
16 CEU's each: (Levels I, II & II TBA)

“Yoga Teacher Certification, National Alliance RYT 200”

10 monthly week-end trainings ... 14th year Next TT start date: Sept 2012 ... ASK US ABOUT IT!