



# CHI HEALING CENTER

*Holistic Health & Learning*

## Class Schedule January 2018

**NO CLASSES Monday, 12/25/17 through Tuesday, 1/2/2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9am						Gentle Therapeutic Yoga
9:00-10:10am				Gentle Therapeutic Yoga		
10:30-11:30am		Chi Gong Gentle Stretch			Yoga Chi in a Chair	
12pm-2pm						
2-4:30pm						
4:30-5:30pm		Chi Gong Gentle Stretch				
5:30-6:40pm	Yoga for Everybody all levels					
7-8pm						

For full Class Descriptions and information, please visit our website,

<http://chihealingcenter.com>

or call

**860-352-8902**

Cost: \$15 drop-in

Discount for pre-pay: pay for 9 classes and get one free!

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Visit us on Facebook: @ChiHealingCenter