



CHI HEALING CENTER

Holistic Health & Learning

Spring Class Schedule March - May 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9am				Yoga for Everybody, all levels		Gentle Therapeutic Yoga
9:30-10:40am	Spring Yoga Chi all levels 3/27 -5/1			Gentle Therapeutic Yoga		
10:30-11:30am		Chi Gong gentle and easy			Yoga Chi in a Chair	
11am-12:30pm						
11:45-1pm						
4:30-5:30pm		Chi Gong gentle and easy		Chi Gong gentle and easy		
5:30-6:40pm	Yoga for Everybody, all levels		Yoga Challenge			
7-8:30pm						

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!

Visit us on Facebook: @ChiHealingCenter