



CHI HEALING CENTER

Holistic Health & Learning

Spring Class Schedule May & June 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9am				Yoga for Every Body, all levels		Gentle Therapeutic Yoga
9:30-10:45am	Yoga CHI in the Round 5/8-6/9			Gentle Therapeutic Yoga		
10:30-11:30am		Gentle Chi Gong			YogaCHI in a Chair	
11am-12:30pm						
11:45-1pm						
4:30-5:30pm		Gentle Chi Gong		Gentle Chi Gong		
5:30-6:40pm	Yoga for Every Body, all levels					
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