



# CHI HEALING CENTER

*Holistic Health & Learning*

## Schedule July 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<br>Gentle Stretch                       |           |  | YogaCHI in a Chair | Group<br>Acupuncture<br>Session<br><br>10am - 1pm |
| 11am-12:30pm  |                                    |  |           |  |                    |   |
| 11:45-1pm     |                                    |  |           |  |                    |   |
| 4:00-5:30pm   |                                    | Group<br>Acupuncture<br>Session<br><br>4pm - 8pm |           | Group<br>Acupuncture<br>Session<br><br>4pm - 8pm |                    |   |
| 5:30-6:30pm   | Yoga for Every Body,<br>all levels |  |           |  |                    |   |
| 7-8:00pm      |                                    |  |           |  |                    |   |

Dont miss our next **Restorative Yoga** SATURDAY July 14th 7-8pm

<http://chihealingcenter.com>

or call

**860-352-8902**

regular class fee: \$15 drop-in

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

\*group acupuncture fees listed on our website

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Visit us on Facebook: @ChiHealingCenter