



# 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 Gentle Stretch			YogaCHI in a Chair	Group Acupuncture Session  10am - 1pm
11am-12:30pm						
11:45-1pm						
4:00-5:30pm		Group Acupuncture Session  4pm - 8pm		Group Acupuncture Session  4pm - 8pm		
5:30-6:30pm	Yoga for Every Body, 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