



CHI HEALING CENTER

Holistic Health & Learning

Schedule October 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9am						Gentle Therapeutic Yoga (no class 10/6)
9:00-10:10am			GentleYoga +			
10:30-11:30am		Chi Gong Gentle Stretch	Chair Yoga for Every Body (no class 10/3 and 10/10)		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 **Yoga for Strong Bones** Sunday OCTOBER 21st 2-4:30pm

<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

follow us on Facebook: @ChiHealingCenter