



CHI HEALING CENTER

Holistic Health & Learning

Class Schedule October & November 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9:00am				Yoga for Every Body, all levels		Gentle Therapeutic Yoga
9:30-10:40am	Yoga CHI in the Round 10/23 - 11/27			Gentle Therapeutic Yoga w/extended relaxation		
10:30-11:30am		Gentle Chi Gong 10/3 - 11/7			YogaCHI in a Chair	
11am-12:30pm						
11:45-1pm						
5:00-6:00pm		Gentle Chi Gong 10/3 - 11/7				
5:30-6:40pm	Yoga for Every Body, all levels (NO CLASS 10/9)					
7-8:30pm				Yoga for Strong Bones 6:30 - 9:00pm 11/9	Yoga Nidra 7 - 8:00pm • 10/13 Restorative Yoga 7 - 8:30pm • 11/3	

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