

Holistic Center

Summer

Updated 6/1/14

MONDAY		TUESDAY		WEDNESDAY	
9:30 - 10:30	NIA Ledys	8:00 - 9:00	Quiet Space	7:30 - 9:30	Quiet Space
10:45 - 12:00	Gentle Yoga Ann Marie	9:15 - 10:30	Vinyasa Yoga Ledys	9:40 - 10:30	Pilates Ellie
12:15 - 1:00	Qi Qong Cheryl	10:45 - 11:45	Choga Yoga Robin	10:45 - 12:00	Gentle Yoga Ann Marie
1:30 - 2:30 OP	Guided Meditation Robert	12:15-1:15 OP	Taiji (Medicine in Motion)*** Ed Matthew	12:15 - 1:15	Qi Qong Cheryl
4:15 - 5:15 OP	Weight Management/ EFT Ilana	1:30 - 4:15	Quiet Space	1:15 - 2:15	Choga Robin
5:30 - 6:45	Multilevel Yoga Erin	4:30 - 5:30	Deep Core Power Yoga Jennifer	4:00 - 5:30 OP	Pranic Healing Clinic June 4th, 18th Pam
7:00 - 8:15 OP 1st Monday	Injury Prevention June 2nd/ Rita Capaccio DC	5:45 - 7:00 OP	Free Demo Prenatal Yoga June 17, July 22 & Aug. 19	4:00 - 5:30 OP	Sacred Chanting June 11th, 25th Pam
7:00 - 8:15 2nd Monday	Quiet Space	7:15 - 8:45 OP	A Course In Miracles Jamie/Joshua	5:40 - 6:50	Pilates Shea
7:00 - 8:15 OP 3er Monday	Peaceful Living Series June 16th / Dr Myers/ Nelson			7:00 - 8:15	Multilevel Yoga Jennifer
7:00 - 8:15 OP 4th Monday	Introduction to Meditation June 23er / Robert	FRIDAY		SATURDAY	
THURSDAY		8:30 - 10:00	Restorative Yoga Ledys	9:30 - 10:45	Integral Yoga Lani
9:15 - 10:30	Essential Yoga Ledys	10:30 - 11:30	Ligthen Up Yoga Erin	11:00 - 12:15	Yoga for Athletes Jennifer
11- 12:15 OP	Presence & Purpose Jennifer	12:15 - 1:15 OP	Qi Qong Fusion Jeanette	12:30 - 1:30 OP	Youth Yoga** Age 8 - Up years Abi
12:30 - 1:30	Quiet Space	6:00 - 8:00 OP 1st Fri.	Reiki EnergyWorkshop \$ June 6th / Jeanette	SUNDAY	
1:00 - 1:45	Comtemporary Dance** June 12,19, & 26 Alexa	2:00 - 3:30 OP 2nd Fri.	REIKI HANDS Treatment\$ June 13 / Ledys/Erin	11:30 - 12:45	Yoga/your owm growth assimilates *No class June 22nd /Mary Lynn
4:30 - 5:30 OP	The 12 Steps & Yoga** Mary Lynn	6:00 - 7:30 OP 2nd Fri.	Introduction to Meditation June 13/ Robert	3:00- 4:30 OP 1st & 3er	Empowerment Circle June 1st, 15th Andrea
5:45 - 6:45	Beginner Yoga Erin	6:30 - 8:00 OP 3er Fri.	Reiki Energy Treatment\$ June 20th /Jeanette	Workshop OP June 21 /10 -12pm**	Thai/Partner Yoga Retreat***
7:00 - 8:15	Restorative Yoga Erin	6:00-7:30 OP 4th Fri.	Rhythm of Life (Drumming)\$ June 27th/Lynn		

Please Notice:
 Programs with \$ sign require donation
 Classes marked with *** have a Special Fee
 Classes marked with ** require Registration
 Classes marked OP are Free/Open to the Community

Schedule Subject to Change.

Check out www.ymcaerie.org for most current schedule update.

