

Holistic Center

FALL

Updated 9/1/14

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 Abi	9:15 - 10:30	Vinyasa Yoga Ledys	9:40 - 10:30	Yoga/Pilates Ellie
12:15 - 1:00	Qi Qong Cheryl	10:45 - 11:45	Choga Yoga Robin	10:45 - 12:00	Gentle Yoga Ledys
1:15- 4:00	Quiet Space	12:00 - 1:00	Reflect, Restore & Energize *Starts Sept.9th Ledys/Josh	12:15 - 1:15	Qi Qong Cheryl
4:15 - 5:15 OP	Weight Management/ EFT Ilana	1:30 - 5:00	Quiet Space	1:15 - 2:15	Choga Robin
5:30 - 6:45	Multilevel Yoga Christine	5:15 - 6:30 OP	Prenatal Yoga*** ** Ledys/Erin	4:00 - 5:30 OP	Pranic Healing Clinic Sept. 3, 17th Pam
7:00 - 8:15 OP 1st Monday	Injury Prevention Sept. 1/ Rita Capaccio DC	6:45 - 8:00	Restorative Yoga Erin	4:00 - 5:30 OP	Sacred Chanting Sept. 10, 24th Pam
7:00 - 8:15 2nd Monday	Quiet Space			5:40 - 6:50	Pilates Shea
7:00 - 8:15 OP 3er Monday	Peaceful Living Series Sept.15th / Dr Myers/ Nelson			7:00 - 8:15	Multilevel Yoga Jennifer
7:00 - 8:15 OP 4th Monday	Introduction to Meditation Sept 22 / 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	10:45 - 12:00	Gentle Yoga Starting Sept. 5th/ Abi	11:00 - 12:15	Yoga for Athletes Jennifer
10:45- 12:00 OP	Prenatal Yoga*** ** Ledys	12:15 - 1:15 OP	Qi Qong Fusion Jeanette	12:30 - 1:30 OP	Youth Yoga***Age 8 - Up years Abi
12:15 - 1:15	Quiet Space	6:00 - 8:00 OP 1st Fri.	Reiki Group Healing \$ Sept. 5/Jeanette	SUNDAY	
1:30 - 2:30 OP	Weight Management/ EFT Starts Sept 11th Ilana	2:00 - 3:30 OP 2nd Fri.	Reiki <u>HANDS</u> Clinic\$ Sept.12 Ledys/Erin	10:15 - 11:30	Yoga/your own growth assimilates
2:40 - 5:00	Quiet Space	6:00 - 7:30 OP 2nd Fri.	Introduction to Meditation Sept.12 / Robert		
5:15 - 6:30	Mindful Movement Yoga Mary Lynn	6:30 - 8:00 OP 3er Fri.	Reiki Energy Clinic\$ Sept. 19 /Jeanette		
7:00 - 9:00 OP	A Course In Miracles OP Jamie/Joshua	4:45- 5:45 OP 1st,2nd,3er Fri.	Qi Qong Sept. 5,12,19. /Cheri		
		5:00 - 6:30OP 4th Fri.	Natural Alt. Energy Healing \$ Sept 26./Cheri		

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.

