

Holistic Center

FALL

Updated 10/1/14

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	Mellow Flow 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 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 Oct. 1, 15, 29 Pam
7:00 - 8:15 OP 1st Monday	Injury Prevention Oct 6/ Rita Capaccio DC	6:45 - 8:00	Restorative Yoga Erin	4:00 - 5:30 OP	Sacred Chanting Oct. 8, 22 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 Oct.20th / Dr Myers/ Nelson			7:00 - 8:15	Multilevel Yoga Jennifer
7:00 - 8:15 OP 4th Monday	Introduction to Meditation October 27th / Robert	FRIDAY		SATURDAY	
THURSDAY		8:30 - 10:00	Restorative Yoga Ledys	9:30 - 10:45	Integral Yoga Jennifer
9:15 - 10:30	Essential Yoga Ledys	10:45 - 12:00	Gentle Yoga Abi	11:00 - 12:15	Yoga for Athletes Jennifer
10:45- 12:00	NIA Ledys	12:15 - 1:15 OP	Qi Qong Fusion Jeanette	12:30 - 1:30 OP	Youth Yoga***Age 7 - Up years **Abi
12:15 - 1:15OP	Weight Management/ EFT Ilana	6:00 - 8:00 OP 1st Fri.	Reiki Group Healing \$ Oct. 3er/Jeanette		
1:30 - 5:00	Quiet Space	2:00 - 3:30 OP 2nd Fri.	Reiki <u>HANDS</u> Clinic\$ Oct.10th Ledys/Erin		
5:30 - 6:45	Mellow Flow Yoga Jennifer	6:00 - 7:30 OP 2nd Fri.	Introduction to Meditation Oct. 10th / Robert		
7:00 - 9:00 OP	A Course In Miracles OP Jamie/Joshua	6:30 - 8:00 OP 3er Fri.	Reiki Energy Clinic\$ Oct.17 /Jeanette		
		4:45- 5:45 OP 1st,2nd,3er Fri.	Qi Qong Oct. 3, 10, 17 /Cheri		
		5:00 - 6:30OP 4th Fri.	Natural Alt. Energy Healing \$ Oct.24th./Cheri		

June 21 10 - 12pm

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.

