

# Holistic Center

# SEPTEMBER

## MONDAY

8:15 - 9:15	Movement Exploration Sept. 11 /Sue
9:30 - 10:30	Yogalates Ellie
10:45 -12:00	Gentle Yoga Pat
12:15 - 1:15	Qi Qong Cheryl
1:30 - 2:30	Weight Management/EFT● ●
2:45 - 3:45	Quiet Space/ Meditation
4:00 - 5:00	Kids Meditation & Craft** Sept. 11/Theresa
5:30 - 6:45	Gentle Yoga Tia
7:00 - 8:15	Power Yoga Susan

## TUESDAY

9:15 - 10:30	Flow Yoga Ledys
10:45 - 11:45	Choga Robin
12:00 - 1:15	Wellness For Life** Gentle & Restorative Yoga Ledys
1:30 - 5:00	Quiet Space/ Meditation
5:30 - 6:30	Yogalates Susan
6:45 - 8:00	Mops Group Coming in October .....

## WEDNESDAY

8:30 - 9:15	Pilates Ellie
9:30 - 10:30	NIA Ledys
10:45 - 12:00	Gentle Yoga Tia
12:15 - 1:15	Qi Qong Cheryl
1:30 - 2:30	Tai Chi ( Chang Form)* Starts/ Sept. 13 Mary
4:00 - 5:00	KAY Yoga ** Age 5- 8 Ledys/Lisa
5:30 - 6:45	Gentle Yoga Tia
7:00 - 8:15	Power Yoga Susan

## THURSDAY

8:00 - 9:00	Quiet Space/ Meditation
9:15 - 10:30	Essential Yoga Ledys
10:45 - 11:45	Chair Yoga Tia
12:00 - 1:00	Wellness for Life** Chair Yoga Chris
4:15 - 5:15	Teen Movement Exploration●● Age 12 & up/ Sue
5:30 - 6:45	Wellness for Life** Gentle Yoga Tia
7:00 - 9:00	Living the Course In Miracles●● Jamie/Joshua

## FRIDAY

8:30 - 10:00	Restorative Yoga Ledys
10:30 - 11:45	Gentle Yoga Chris
12:00 - 12:55	Qi Qong●● Mary
1:00 - 1:30	8 Pieces of Brocade ●● Mary
5:00 - 7:00	Reiki Care 4 Cancer●● Appointment Required 823-2333 Jeanette
2:00 - 3:30	Holistic Energy Healing●● 2nd week Ledys/Cheri
5:00 - 6:30	Holistic Energy Healing●● 3er week Cheri
5:00 - 6:30	Holistic Energy Healing●● 4th week Cheri

## SATURDAY

9:30 - 10:45	Gentle Yoga Chris
11:00 - 12:15	Flow Yoga Chris
<b>SUNDAY</b>	
10:15 - 11:30	Gentle Yoga Abi
12:30 - 2:00	Meditation 101** Robert

\*Registration Required - Y Members Only

\*\*Registration Required  
Additional Fee May Be Applicable  
Open to Non-Members

Schedule Subject to Change  
Updated 9/1/17

●●Free & Open to the Erie Community