



Open House

September 19, 2018

9 am - 6 pm

Come for ALL Sessions! Come for ONE Session!

9-10 am	Class	Movement Assessments! QIGONG / YIN YOGA / PILATES / MEDITATION
10-10:30 am	Talk	Learn About: ACUPUNCTURE for your Body, Mind, & Emotions
11-11:30 am	Talk	Learn About: GRIEF - Myths and Recovery Options
12-1 pm	Class	Movement Assessments! PILATES / CORE STRENGTH
1-1:30 pm	Talk	Learn About: CLINICAL HYPNOTHERAPY & Changing Habits
1:30-2 pm	Talk	Learn About: Is PSYCHOTHERAPY for you?
2-3 pm	Class	T'AI CHI & QIGONG: Parkinson's / MS / Chronic Conditions
3-3:30 pm	Talk	Learn About: QIGONG
4-5 pm	Class	Movement Assessments! QIGONG / YIN YOGA / PILATES / MEDITATION
5-6 pm	Class	YIN YOGA: Stress & Pain Relief Through Deep Hip & Spine Stretches

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