

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 4:15 pm Therapeutic Yoga with Deirdre 5:30 pm Qi Gong with Lea	15	16 9:00 am Thai Yoga with Eden
17	18	19	20	21 4:15 pm Therapeutic Yoga with Deirdre 5:30 pm Qi Gong with Lea	22	23 9:00 am Thai Yoga with Eden
24	25	26	27	28 4:15 pm Therapeutic Yoga with Deirdre	29	30 9:00 am Thai Yoga with Eden
31						

CLASS DESCRIPTIONS

Thai Massage

Restorative poses, with a Thai Massage bonus. Small classes. Individual attention. Balance the body and relax the mind.

Qi Gong

Healing breathing techniques. Cleanse the body of unwanted energy. Store energy reserves. Techniques to heal from digital technology.

Therapeutic Yoga

Yoga for those recovering from injury or illness. Individual focus rather than poses. Gentle yet effective restorative session. Meditative and balancing.