

Gold Beach Wellness Center

June 2024

*Please note, No Vanessa Classes: May 30-31 June 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Yoga 7:00 - 8:00 AM <i>Vanessa</i> <i>All Levels</i>		Early Bird Yoga 7:00 - 8:00 AM <i>Vanessa</i> <i>All Levels</i>		
	Balancing Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 2-3</i>	Beginners' Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 1</i>	Beginners' Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 1</i>	Balancing Yoga 10:00 - 11:00 AM <i>Vanessa</i> <i>Level 2-3</i>	Enthusiasts' Yoga* 10:00 AM - 12:00 PM <i>Vanessa</i> <i>Level 3-4</i>
Qigong 11:30 - 12:30 PM <i>Bozena</i> <i>All Levels</i>	Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> <i>All Levels</i>		Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> <i>All Levels</i>	Qigong 11:30 - 12:30 PM <i>Bozena</i> <i>All Levels</i>	See below for Saturday special events! <i>Pre-registration is encouraged/required so please get in touch if you are interested in attending. Thank you!</i>
	Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> <i>All Levels</i>		Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> <i>All Levels</i>		

Special Event: Himalayan Harmonious Healing Sound Bath - MONDAY, June 24th, 4:00 - 5:00 PM

Please visit our website for all the details: GoldBeachWellnessCenter.com

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Class	Teacher	Days	Time	Notes
Chair Yoga	Olivia	Tuesday & Thursday	2:00 - 3:00 PM	Starts Tuesday, January 16th
Beginner Yoga	Vanessa	Tuesday & Wednesday	10:00 - 11:00 AM	
Intermediate	Vanessa	Tuesday & Friday	10:00 - 11:00 AM	
		Thursday	4:00 - 5:00 PM	
Advancing	Vanessa	Saturday	10:00 AM - 12:00 PM	
Early Birds	Vanessa	Tuesday	7:00 - 8:00 AM	
		Thursday	7:30 - 8:30 AM	
Centering Meditation	Olivia	Mon., Wed. & Friday	8:00 - 8:45 AM	Starts Monday, January 15th
Qigong	Bozena	Monday & Friday	11:30 AM - 12:30 PM	
Beginning Tai Chi	Laurie	Friday	3:30 - 4:30 PM	
Belly Dance	Vanessa	Tuesday & Thursday	5:30 - 6:30 PM	

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