

Gold Beach Wellness Center

May 2024

*Please note, JUNE 1st NO Advancing Yoga Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Yoga 7:00 - 8:00 AM <i>Vanessa</i> All Levels	Centering Meditation 8:00 - 8:45 AM <i>Olivia</i> Free for Everyone	Early Bird Yoga 7:00 - 8:00 AM <i>Vanessa</i> All Levels	Centering Meditation 8:00 - 8:45 AM <i>Olivia</i> Free for Everyone	
	Intermediate Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 2-3	Beginner Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 1	Beginner Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 1	Intermediate Yoga 10:00 - 11:00 AM <i>Vanessa</i> Level 2-3	Advancing Yoga* 10:00 AM - 12:00 PM <i>Vanessa</i> Level 3-4
Qigong 11:30 - 12:30 PM <i>Bozena</i> All Levels	Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> All Levels		Chair Yoga 2:00 - 3:00 PM <i>Olivia</i> All Levels	Qigong 11:30 - 12:30 PM <i>Bozena</i> All Levels	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> All Levels		Belly Dance 5:30 - 6:30 PM <i>Vanessa</i> All Levels		

Special Events: Restorative/Yin Yoga with Christine - Saturday, May 11th 4:00 - 5:00 PM
 Singing with Jivan - Saturday, May 18th 4:00 - 5:30 PM
 Himalayan Harmonious Healing Sound Bath - Saturday, May 25th, 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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