

# Weekly Classes\*

# Gold Beach Wellness Center

DECEMBER 2024

\*Please see Winter Break dates for each teacher below\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Early Bird Yoga</b> Vanessa 7:00 - 8:00 AM All Levels		<b>Early Bird Yoga</b> Vanessa 7:00 - 8:00 AM All Levels		<b>Enthusiasts' Yoga</b> Vanessa 9:00 - 11:00 AM Level 3-4 *asana includes inversions
	<b>Balancing Yoga</b> Vanessa 10:00 - 11:00 AM Level 2-3	<b>Beginners' Yoga</b> Vanessa 10:00 - 11:00 AM Level 1	<b>Beginners' Yoga</b> Vanessa 10:00 - 11:00 AM Level 1	<b>Balancing Yoga</b> Vanessa 10:00 - 11:00 AM Level 2-3	
<b>Qigong</b> Bozena 11:30 - 12:30 PM All Levels	<b>Chair Yoga</b> Olivia 2:00 - 3:00 PM All Levels		<b>Chair Yoga</b> Olivia 2:00 - 3:00 PM All Levels	<b>Qigong</b> Bozena 11:30 - 12:30 PM All Levels	
	<b>Belly Dance</b> Vanessa 5:30 - 6:30 PM All Levels		<b>Belly Dance</b> Vanessa 5:30 - 6:30 PM All Levels		



**Winter Break** **Bozena:** December 23 - January 1st. Qigong resumes Friday the 3rd

**Olivia:** final Chair Yoga class is December 19th. 2025 class dates TBA

**Vanessa:** Dec. 23 - Jan. 4. Classes resume Tuesday the 7th

[GoldBeachWellnessCenter.com](http://GoldBeachWellnessCenter.com)

**SPECIAL EVENT:** Saturday, December 14th, 12:30 -2:30 PM  
**Creating Mandalas** for Insight, Healing and Self-Expression