

Center for Healing Arts Weekly Class Schedule

Time	Class	Teacher	Location	Cost	Drop-]
9:30-11:30am 12:00-1:15pm 1:00-2:15pm 5:30-7:00pm	Monday Morning Yoga Meridian/Forrest Yoga Qi Gong Kripalu Yoga	John Schorholtz Phoebe Barnes Michael Robbins Dina Pasalis	BodyMind Integration Skylight Yoga Studio Charles River Room Skylight Yoga Studio	\$48/month \$14 Class Card \$150/series -	\$15 \$17 No -
9:30-11:30am 11:00am-12:00 2:00-3:00pm 3:00-4:00pm 6:00-7:15pm 7:30-9:00pm 7:30-9:00pm	Yoga & Awakening CoreIntegration Tai Chi Level 1 Tai Chi Level 2 Nia (<i>Begins 1/25</i>) Svaroopaa Yoga Kundalini Yoga	Arthur Kilmurry Joseph DellaGrotte Peter Wayne Peter Wayne Julianne Corey Marjorie Crockett Ron Ortenberg	Skylight Yoga Studio BodyMind Integration Charles River Room Charles River Room Charles River Room Skylight Yoga Studio Charles River Room	Discount on Series 4 Classes/\$60 www.treeofflifaichi.com for Pricing 8 weeks/\$104, 5 classes/\$70 - -	\$25 - No No \$15 \$20 -
5:45-7:15pm 6:15-7:15pm 7:30-9:00pm 7:30-9:00pm	Bones for Life® Core Integration Svaroopaa® Yoga Mixed Level Yoga	June LaPointe Josef DellaGrotte Marjorie Crockett Sandra Uyerhoeven	Charles River Room BodyMind Integration Skylight Yoga Studio Charles River Room	\$200 for 10 Classes 4/\$60 \$120 for 10 Classes \$120 for 6 Classes	\$25- Contact OI Yes \$20 \$20/1, \$25/Drop
6:00-7:15pm 7:15-8:30pm 8:30-9:30pm 7:30-9:15pm	Unwind Yoga Tai Chi Level 1 Tai Chi Level 2 Zen Vinyasa	Jill Braverman Peter Wayne Peter Wayne Konstantin Barazov	Charles River Room Charles River Room Charles River Room Skylight Yoga Studio	\$84 for 6 Weeks www.treeofflifaichi.com for Pricing -	\$15 No No -
<i>No classes scheduled at this time.</i>					
10:30am-12:15pm	Get in the FLOW	Rezakkah Norrins	Players Room	10/\$100	\$15
<i>No classes scheduled at this time.</i>					