

2017 Healing Arts Initiative Schedule

Weekday Programs ~ 4, 5 and 6 Week sessions

<i>Gentle Yoga with Susan Wood</i> Mondays 5:30 – 6:45 pm	1/9 - 2/13 6/5 – 7/17 10/23 – 11/20 2/27 – 4/3 7/31 – 8/28 4/24 – 5/22 9/11 – 10/9 *5 or 6 week sessions
<i>Gentle Yoga with Susan Wood</i> Tuesdays 10:30 – 11:45 am Tuesdays 4:00 – 5:15 pm	1/10 - 2/14 6/6 – 7/18 10/24 – 11/21 2/28 – 4/4 8/1 – 8/29 4/25 – 5/23 9/12 – 10/10 *5 or 6 week sessions
<i>Mindfulness & Meditation with Estalyn Walcoff</i> Thursdays 2:00 – 3:15 pm	3/16- 4/6 10/19-11/9 *4 week sessions
<i>Mindfulness & Meditation with Siobhan LeGros</i> Thursdays 2:00 – 3:15	1/12-2/2 *4 week sessions
<i>Qi Gong with Raphaela McCormack</i> Wednesdays 3:00 – 4:15 pm	2/8-3/8 5/10-6/7 9/6-10/11 * 5 or 6 week sessions

Weekend Programs ~ 4 week sessions

Program	Facilitator	Dates & Times
Gentle Yoga Saturday	Raksha Elmer	1/7 – 2/4 9/9-9/30 9:00 - 10:15 am
Tai Chi Saturday	Jean Frances Sica	2/25 – 3/18 10:00 – 11:15 am
Gentle Yoga on Sunday	Sunni Ingalls	3/5-3/26 4/30-5/28 (no class on May 14 th) 10:00 – 11:15
Fluid Motion Saturday	Tracey Boccia	3/25- 4/15 7/8-7/29 10:00 – 11:15 am
Qi Gong Saturday	Raphaela McCormack	6/3 – 6/24 10/7-10/28 9:00 – 10:15 pm