

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 pm	1/12-2/2 *4 week sessions
<i>Mindfulness & Meditation with Siobhan LeGros</i> Thursday Evenings 6:00 – 7:15 pm	7/6-7/27 *4 week sessions
<i>Qi Gong with Raphaela McCormack</i> Wednesdays 3:00 – 4:15 pm	2/8-3/8 5/17-6/21 9/6-10/11 * 5 or 6 week sessions
<i>Mindfulness & Meditation with Jean Francis Sica</i> Wednesday Afternoons 2:00 – 3:15 pm	8/9-8/30 *4 week session

Weekend Programs ~ 4 week sessions

Program	Facilitator	Dates & Times
Gentle Yoga Saturday	Raksha Elmer	1/7 – 2/4 10/7 – 10/28 9:00 - 10:15 am
Tai Chi Saturday	Jean Frances Sica	2/25 – 3/18 8/5 – 8/26 10:00 – 11:15 am
Gentle Yoga on Sunday	Sunni Ingalls	3/5 - 3/26 4/30-6/4 (no class on May 14 th or May 21) 10:00 – 11:15 am
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 9/9 – 9/30 10:00 – 11:15 am

