

2018 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	1/8-2/12, 2/26-3/26, 4/9-5/14, 6/4-7/9, 7/23-8/27, 9/17-10/15, 10/22-11/19 *5 or 6 week sessions
<i>Gentle Yoga with Susan Wood</i> Tuesdays 10:00 – 11:45 am Tuesdays 4:00 – 5:15 pm	1/9-2/13, 2/27-3/27, 4/10-5/15, 6/5-7/10, 7/24-8/28, 9/18-10/16, 10/23-11/20 *5 or 6 week sessions
<i>Mindfulness & Meditation with Estalyn Walcoff</i> Thursdays 2:00 – 3:15 pm	4/5-4/26 9/20-10/11 *4 week sessions
<i>Mindfulness & Meditation with Siobhan LeGros</i> Tuesdays 2:00 – 3:15 pm	1/9-1/30 *4 week session
<i>Mindfulness & Meditation with Siobhan LeGros</i> Thursdays 6:00 – 7:15 pm	TBD *4 week sessions
<i>Qi Gong with Raphaela McCormack</i> Wednesdays 3:00 – 4:15 pm	3/7- 4/4 5/16-6/20 8/8-9/12 * 5 or 6 week sessions
<i>Tai Chi with Jean Francis Sica</i> Wednesdays 2:00 – 3:15 pm	2/7-2/28 *4 week session

Weekend Programs ~ 4 week sessions

Program	Facilitator	Dates & Times
Gentle Yoga Saturday	Raksha Elmer	1/6, 1/13, & 1/27 9/8-9/29 9:00 - 10:15 am
Tai Chi Saturday	Jean Frances Sica	6/2-6/23 10/6-10/27 10:00 – 11:15 am
Gentle Yoga on Sunday	Sunni Ingalls	4/8-4/29 10/14-11/4 10:00 – 11:15 am
Fluid Motion Saturday	Tracey Boccia	2/10-3/3 8/4-8/25 10:00 – 11:15 am
Qi Gong Saturday	Raphaela McCormack	3/10- 3/31 7/7-7/28 10:00 – 11:15 am
Dream Life Design	Karen Spaiches	4/7-5/5 10:00 – 11:30 am

