

Integrative Health & Wellness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Beginner/Chair Yoga 12:00-1:00pm	Integrative Nutrition 11:00-12:00am (<u>1st Tuesday of month</u>) Qigong 1:00-2:00pm Reiki 2:30-3:30pm Irest Yoga 4:30-5:30pm	Whole Health (8:00 – 9:00am) Wellness Orientation 9:00-10:00am * Acupuncture 1:00-3:30pm (every 2 weeks)	Mind/Body (Women's Health) 8:00-10:00am Wellness Orientation 12:30-1:30pm Whole Health 2:00 – 3:30pm	Intermediate Yoga (with Reiki) 12:00-1:00pm	
	Beginner/Chair Yoga 12:00-1:00pm	Qigong 1:00-2:00pm Reiki 2:30-3:30 pm Irest Yoga 4:30-5:30 pm	Whole Health (8:00 – 9:00am) Wellness Orientation 9:00-10:00am * Acupuncture 1:00-3:30pm (every 2 weeks)	Mind/Body (Women's Health) 8:00-10:00am Mindfulness 10:30-12:00pm (<u>2nd Thursday of month</u>) Wellness Orientation 12:30-1:30pm	Intermediate Yoga (with Reiki) 12:00-1:00pm	
	MyoFascial Release 10:00am-2:00pm (last 2 Mondays of Month) Beginner/Chair Yoga 12:00-1:00pm	Qigong 1:00-2:00pm Reiki 2:30-3:30 pm Irest Yoga 4:30-5:30 pm	Whole Health (8:00 – 9:00am) Wellness Orientation 9:00-10:00am * Acupuncture 1:00-3:30pm (every 2 weeks)	Mind/Body (Women's Health) 8:00-10:00am Wellness Orientation 12:30-1:30pm Whole Health 2:00 – 3:30pm	Intermediate Yoga (with Reiki) 12:00-1:00pm Reiki for Self-Care Workshop 1:30—2:30pm (<u>3rd Friday of month</u>)	
	MyoFascial Release 10:00am-2:00pm (<u>last 2 Mondays of Month</u>) Beginner/Chair Yoga 12:00-1:00pm	Qigong 1:00-2:00pm Reiki 2:30-3:30 pm Irest Yoga 4:30-5:30 pm	Whole Health (8:00 – 9:00am) Wellness Orientation 9:00-10:00am * Acupuncture 1:00-3:30pm (every 2 weeks)	Mind/Body (Women's Health) 8:00-10:00am Wellness Orientation 12:30-1:30pm Whole Health 2:00 – 3:30pm	Intermediate Yoga (with Reiki) 12:00-1:00pm	