

February 2012 ~ Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Valentine's Day Reiki Special— <i>Good for the Month of February!</i> ~ Buy 1 Reiki Session for \$60 and get a 2nd for FREE! ~</p>			1	2 9:30am Yoga 6:30pm Yoga	3 Noon—6pm Health Expo at Clearview Mall	4 9:00am YogaLates 10am—4pm Health Expo at Clearview Mall
5	6 9:30am YogaLates 6:30pm Yoga	7	8 Thermography by Appointment	9 9:30am YogaLates 6:30pm Yoga	10	11 9:00am Yoga
12	13 9:30am Yoga 6:30pm Yoga	14  <p>Happy Valentine's Day!!</p>	15	16 9:30am Yoga 6:30pm Yoga	17	18 9:00am YogaLates
19	20 9:30am YogaLates 6:30pm Yoga	21	22  <p>Ash Wednesday</p>	23 9:30am YogaLates 6:30pm Yoga	24	25 9:00am Yoga
26	27 9:30am Yoga 6:30pm Yoga	28 6pm—7pm Herbal Hour: <i>How to get your supplements for free.</i>	29	<p><i>Still thinking you want to try Yoga or YogaLates but unsure about your ability to stretch & bend through the classes??</i> No worries—your first class is FREE!! <i>I don't offer classes at different levels because each and every class is YOUR class and we perform exercises and stretches according to your needs and fitness and flexibility levels. Excited to see your smiling faces in classes soon!</i></p>		