



THE WELLNESS STUDIO -- March 2020

1st Yoga Wellness Rx Class is Free!

Weekly Yoga Wellness Rx Classes and Monthly Essentials to Wellness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Begins 3/9 <i>Pre-registration required</i> 7:00 - 8:15 pm Yoga Wellness Rx Corinne</p>	<p>3/10 8:00 - 8:30 pm On-line Community Meditation / Q & A</p>	<p>Begins 3/11 <i>Pre-registration required</i> 9:30 - 10:45 am Yoga Wellness Rx Corinne</p>	<p>Begins 3/12 <i>Pre-registration required</i> 7:00 - 8:15 pm Yoga Wellness Rx Corinne</p>	<p>Screenings available by appointment</p>	

Wellness Studio Classes & Workshops

(*included with Yoga Wellness Rx package)

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
<p>3/16 8:15 - 8:45 pm *Breathing for Relaxation Dr. Maria</p>	<p>Date TBA 9:30 - 10:30 am Feldenkrais Beth</p> <p>3/10 7:30 - 8:30 pm *Experience HeartMath * Dr. Maria</p>	<p>3/18 9:00 - 10:00 am *Fascial Rolling for Pain Relief* Dr. Maria</p>	<p>Weekly 9:30 - 10:45 am Yoga for Wellbeing Madelaine</p> <p>Save the date: 7:00 - 8:00 pm April 9th Menopause Wisdom Workshop Kate Pernice</p>		<p>3/21 NEW Moon Women's Circle 6:00 - 7:30 pm Perryn</p>