

# SUMMER WELLNESS CLASSES

JULY 2009

(7:50am to 8:50am)

Choose any 10 classes (1hr ea.)  
from any of the following days:

SUN	MON	TUE	WED	THU	FRI	SAT						
			1	2	3	4						
5	Guided Meditation	6	Mindful Breathing	7	Morning Yoga (Hatha)	8	Qi Gong & Meridian Stretch	9	Morning Yoga (Hatha)	10	Intro to Feng Shui (10:30am to 2:30pm)	11
			Positive Change Workshop (10am ~ 5pm)									
12	Guided Meditation	13	Mindful Breathing	14	Morning Yoga (Hatha)	15	Qi Gong & Mer. Stretch	16	Morning Yoga (Hatha)	17		18
	Shiatsu 101: Beginners guide to giving shiatsu (10am ~ 5pm)											
			Feng Shui your Garden (7pm ~ 8:30pm)									
19	Guided Meditation	20	Mindful Breathing	21	Morning Yoga (Hatha)	22	Qi Gong & Meridian Stretch	23	Morning Yoga (Hatha)	24		25
26	Guided Meditation	27	Mindful Breathing	28	Morning Yoga (Hatha)	29	Qi Gong & Meridian Stretch	30	Morning Yoga (Hatha)	31		

**MONDAYS** ■  
Guided Meditation

**TUESDAYS** ■  
Mindful Breathing

**WEDNESDAYS** ■  
Morning Yoga

**THURSDAYS** ■  
Qi Gong & Meridian Stretches

**FRIDAYS** ■  
Morning Yoga

10 classes for  
**\$100 (+gst)**

**AUGUST 2009**

Please ask for additional information on these separate summer courses:

Intro to Feng Shui ■

Feng Shui Your Garden ■

Positive Change Workshop ■

TCM Fundies ■

Shiatsu 101 ■

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						1						
2	Guided Meditation	3	Mindful Breathing	4	Morning Yoga (Hatha)	5	Qi Gong & Mer. Stretch	6	Morning Yoga (Hatha)	7		8
		TCM Fundies (9am-5pm) + Tuesday to Friday: 9am-1pm (AUG 4th ~ AUG31st)										
9	Guided Meditation	10	Mindful Breathing	11	Morning Yoga (Hatha)	12	Qi Gong & Mer. Stretch	13	Morning Yoga (Hatha)	14		15
	Shiatsu 101: Beginners guide to giving shiatsu (10am ~ 5pm)											
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For further information please call (416) 323-1818 ex.23, Toll free: 1-800-263-1703 or visit our website [www.shiatsucanada.com](http://www.shiatsucanada.com).



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