

January – February 2011



Monday

Meditation 101
6-7pm – Ongoing
No class Feb 21

Drop-in rate: \$8
Flex-Block of 4 classes
to use over 90 days:
\$25



Tuesday

* **Hatha Yoga Level II**
Ongoing
Jan 4 – Feb 22
5:30-6:45pm

Drop-in rate: \$15 or
\$78 for a 6 week block

* **Hatha Yoga 101**
Ongoing
Jan 4 – Feb 22
7-8:15pm
Drop-in rate: \$15 or
\$78 for a 6 week block

* **Yoga For Arthritis**
Jan 4 – Feb 22
12-1:15pm
Drop-in rate: \$20 \$90
for a 6 week block



Wednesday

* **Healthy Living Series: Weight Reduction w/ Hypnosis**
Jan 5 – 6-8pm
\$39 or \$34 if you sign up with a friend

* **Reiki Level II**
Jan 19, 26, Feb 2, 9, 23, Mar 2, 9
6-8pm

Contact Michele Lowry, Reiki Master directly to register at nikoenaturaltherapies.com

For cancellations due to inclement weather



Thursday

* **Lunchtime Yoga**
Ongoing
Jan 6 – Feb 24
1-1:45pm
Drop-in rate: \$12 or
\$40 for a 4 week block

* **Connect With Your Future Twin Self**
Jan 13 - 6-8pm
\$49 - \$5 off each if you sign up with a friend

* **Mindfulness-Based Stress Reduction**
Orientation Jan 27
9-10am
Feb 3 – Mar 24
9-11:30am
\$210 for the series
\$195 for current patrons

* **Dating In The 21st Century**
Jan 27 - 7-9pm
\$25 - \$5 off each if you sign up with a friend

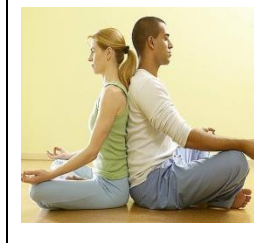


Friday

* **Healthy Living Series: Detox Yoga**
Jan 6 – 6-8pm
\$20

* **Reiki Healing Evenings**
Jan 14 & Feb 11
6-8pm
\$10/evening

* **Yoga Dance**
Feb 25 - 7-8:30pm
\$25 - \$5 off each if you sign up with a friend



Saturday

* **Vision Boarding**
Feb 5
9am-12:45pm
\$49 - \$5 off each if you sign up with a friend
Materials included

* **Partner Yoga**
Feb 5
4-6pm
\$35 for two - \$5 off each if you register before Feb 4

* **YogaWorks Teacher Training**
Jan 22 & Feb 26
See website for details



Sunday

* **Serenity Sunday**
Mar 6 – 9-11:30am
\$40 or \$35 for current patrons

* **YogaWorks Teacher Training**
Jan 23 & Feb 27
See website for details

For more info or to register go to
fullspectrumwellness.com
or call 603.296.0830 x.6

For cancellations due to inclement weather please call above number

* Registration Required

Schedule subject to change – Check website for class descriptions, up to date schedule and online registration.

Ongoing classes can be joined at any time.

Current patron: You are currently registered and are using blocks of meditation, yoga, and/or mindfulness based stress reduction

