

DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meditation & Yoga 7:00-8:15pm	2 Qigong 10:30-11:30am Yoga 5:30-6:30pm 6:45-7:45pm	3	4	5
6	7	8 Drop-In Pre-Natal Yoga 5:30-6:45pm Meditation & Yoga 7:00-8:15pm	9 Qigong 10:30-11:30am Yoga 5:30-6:30pm 6:45-7:45pm	10	11	12
13	14	15 Drop-In Pre-Natal Yoga 5:30-6:45pm Meditation & Yoga 7:00-8:15pm	16 Yoga 5:30-6:30pm 6:45-7:45pm	17	18 AcuClinic 6:30-7:30pm	19
20	21	22	23 Yoga 5:30-6:30pm 6:45-7:45pm	24	25 HAPPY HOLIDAYS	26 HAPPY HOLIDAYS
27 HAPPY HOLIDAYS	28 HAPPY HOLIDAYS	29 HAPPY HOLIDAYS	30 Yoga 5:30-6:30pm 6:45-7:45pm	31 HAPPY HOLIDAYS		

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Pre-Natal Yoga 5:30-6:45pm Meditation & Yoga 7:00-8:30pm	6 Qigong 10:30-11:30	7	8	9 Hatha Yoga 8:00-9:00am
10	11	12 Pre-Natal Yoga 5:30-6:45pm Meditation & Yoga 7:00-8:30pm	13 Qigong 10:30-11:30	14	15 Acupuncture Clinic 6:30-7:30pm	16 Hatha Yoga 8:00-9:00am
17	18	19 Pre-Natal Yoga 5:30-6:45pm Meditation & Yoga 7:00-8:30pm	20 Qigong 10:30-11:30	21 WRITING WORKSHOP 9:00am -5:00pm	22 WRITING WORKSHOP 9:00am-5:00pm	23 WRITING WORKSHOP 9:00am-5:00pm
24 WRITING WORKSHOP 10:00am-4:00pm	25	26 Pre-Natal Yoga 5:30-6:45pm Meditation & Yoga 7:00-8:30pm	27 Qigong 10:30-11:30	28	29	30 Hatha Yoga 8:00-9:00am ACUPUNCTURE WORKSHOP

STUDIO A at 443 Carlisle Drive in Herndon
JANUARY 2010 SCHEDULE OF CLASSES & WORKSHOPS
www.AcupunctureInVa.com

NEW CLASSES

Prenatal Yoga. New 8 week session begins Tuesday, January 5th and runs through March 2nd. 5:30-6:45pm. Register with Michelle Fondin, Chopra Center Certified Instructor, at 571-265-4559 or www.theayurvedicpath.com).

Meditation & Yoga. New 8 week session begins Tuesday January 5th and runs through March 2nd. The 90 minute (7:00-8:30pm) class will consist of meditation, breathing exercises, yoga poses, and relaxation. This class is perfect for experienced yogis as well as beginners. Register with Michelle Fondin, Chopra Center Certified Instructor, at 571-265-4559 or www.theayurvedicpath.com).

Hatha Yoga. New 8 week session begins Saturday, January 9th. 8:00-9:00am. This course is based upon Deepak Chopra's Seven Spiritual Laws of Success. You will learn breathing techniques, yoga poses ranging from the simple to the challenging, and more. This class is appropriate for both beginners and experienced yogis.

JANUARY WORKSOPS

Writing Intensive Workshop January 21-24. David Hazard, publishing consultant and coach, is offering this unique four-day class designed to provide you with direction, sharpen your skills, and give you the help you need to succeed in writing and publishing your fiction or non-fiction work. Learn more about this powerful class at www.itsyourlifebethere or by calling David at 540-454-4495.

JANUARY ACUPUNCTURE CLINIC

Friday January 15th, 6:30 – 7:30pm. **Note New Cost: \$15.** Wind down from your busy work week with a stress-reducing acupuncture treatment. Five needles are placed in each ear and left for 20-30 minutes while you relax and decompress. Call Sharon at 703-623-8340 for more information, or visit www.acupunctreinva.com. Call for information about our ongoing Tuesday clinic, noon – 1:00pm.

UPCOMING CLASSES

Perfect Health Lifestyle Course. Five Thursday evenings, 6:15-8:45pm, begins February 4th. Using the principles of Ayurvedic Medicine, instructor Michelle Fondin will teach you how to reduce stress and pain in your life, manage your weight, sleep more soundly, improve your relationships, and alleviate anxiety and depression. Making good lifestyle choices and strengthening the mind-body connection are also discussed. To register for this comprehensive, life enhancing course contact Michelle at 571-265-4559.

Primordial Sound Weekend with Michelle Fondin – dates to be announced soon!

February Acupuncture Clinic – February 19, 6:30-7:30pm

March Acupuncture Clinic – March 19, 6:30-7:30pm