



# Decatur Healing Arts

## Class Schedule: **APRIL 2018**

*Schedule is subject to change. Please check our website for updates.*

**>> New series starting**

### Monday

10:00-11:15am	<b>Gentle, Mindful Yoga</b> -----	Barbara Nardi
11:30-12:15pm	<b>Chant &amp; Meditation – \$5 class</b> -----	Barbara Nardi
12:15-1:30pm	<b>Noon Yoga – \$5 class!</b> -----	Amy Scully
1:30-2:45pm	<b>After Noon Yoga – \$5 class!</b> -----	Amy Scully
6:00-7:15pm	<b>All Levels Yoga –</b> -----	Cheryl Burnette

### Tuesday

9:30-10:45am	<b>Gentle Flow Yoga – all levels</b> -----	Linny Curry
11:30-1:00pm	<b>Twin Hearts Meditation &amp; Pranic Healing – Donations.</b> Sign up and learn more: info@ATLPranicHealing.com -----	Judy Yi
6:00- 7:15pm	<b>All Levels Yoga</b> -----	Vlad Kasperovich
<b>** 7:20-8:20pm</b>	<b>Vinyasa Yoga</b> -----	Michael McCullers

### Wednesday

10:00-11:15am	<b>Gentle, Mindful Yoga</b> -----	Barbara Nardi
<b>&gt;&gt;1:00-2:00pm</b>	<b>Tai Chi for Health PART II – Drop-ins welcome. March 7– April 25</b> -----	Eleanor /Susanne
6:00-7:15pm	<b>Yin Yoga for all levels</b> - -----	Cheryl Burnette
7:00-8:15pm	<b>Shanti Flow Yoga – studio 2 - Gentle All Levels Flow class with special mediation.</b> -----	Nikki Graves

### Thursday

10:00-11:15am	<b>Ageless Grace Chair Yoga – \$10 class</b> -----	Bobbye Brown / Connie Sloane
12:15-1:30pm	<b>Alignment Flow Yoga</b> -----	Stacy Lafley
<b>&gt;&gt;6:00-7:15pm</b>	<b>Tai Chi Yang Style 24 Forms – NEXT Series starts April 26. \$100/8wks - No beginner drop-ins</b> -----	Jude Hasken
6:00-7:15pm	<b>Tai Chi Yang Style 108 Forms – (pre-requisite: 24 forms)</b> -----	Jude Hasken

### Friday

10:00-11:00am	<b>Qi Gong for Health (all levels)</b> -----	Corinne Chaves
12:15-1:30pm	<b>Noon Yoga – \$5 class!</b> -----	Amy Scully
1:30-2:45pm	<b>After Noon Yoga – \$5 class!</b> -----	Amy Scully

### Saturday

<b>&gt;&gt;9:00-10:15am</b>	<b>Tai Chi Yang Style 24 Forms – NEXT Series starts April 28 -\$100/8wks. No beginner drop-ins</b> -----	Jude Hasken
10:15-11:15am	<b>Tai Chi Yang Style 108 Forms</b> -----	Jude Hasken
11:30-12:20pm	<b>Qi Gong</b> -----	Carissa Kubitz
12:30-1:45pm	<b>Yoga 4U</b> -----	Bobbye Brown

### Sunday

10:00-11:15a	<b>Iyengar Yoga Level I</b> -----	Stephanie Foxman
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Drop-in: \$17(**\$14**) • \*5-class card \$70(**\$65**) • \*10-class card \$120(**\$115**)

**Senior (65+) and Full-time Student Rates are noted in parenthesis.**

**One time only for first time students at DHA a \$20 one month pass to try 3 different classes. See website for exclusions.**

**\*5-class cards expire in 3 months; 10-class cards expire in 6 months.**

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