



INTEGRATIVE HEALTH CENTERS

Class Schedule October-November 2009

Call 410-296-5160 to register today!

**Blue indicates session start dates.
Gray indicates sessions ending.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
4	5 <i>T'ai Chi Daily Morning Practice</i> 7:30-8a, 8-8:30a & 8:30-9a (M-F)	6	7 <i>Intermediate T'ai Chi</i> 5:00-6:00p <i>Therapeutic Yoga Basics</i> 6:15-7:30p	8	9 <i>T'ai Chi for Seniors</i> 3:30-4:30p <i>Beginner T'ai Chi</i> 6:00-7:00p	10
11	12 NEW SESSIONS <i>T'ai Chi Daily Morning Practice</i> 7:30-8a, 8-8:30a & 8:30-9a (M-F) 10/12-11/20 <i>Basic Vinyasa Yoga</i> 10/12 - 11/16 7:45-9:00p	13	14 NEW SESSION 10/14-11/18 <i>Beginner T'ai Chi</i> 5:00-6:00p	15	16 NEW SESSIONS <i>T'ai Chi for Seniors</i> 10/16-11/20 4:00-5:00p <i>Cont. Beginner T'ai Chi</i> 10/16-11/20 6:00-7:00p	17
18	19 <i>T'ai Chi Daily Morning Practice</i> 7:30-8a, 8-8:30a & 8:30-9a (M-F) <i>Basic Vinyasa Yoga</i> 7:45-9:00p	20	21 <i>Beginner T'ai Chi</i> 5:00-6:00p	22	23 <i>T'ai Chi for Seniors</i> 4:00-5:00p <i>Cont. Beginner T'ai Chi</i> 6:00-7:00p	24
25	26 <i>T'ai Chi Daily Morning Practice</i> 7:30-8a, 8-8:30a & 8:30-9a (M-F) <i>Basic Vinyasa Yoga</i> 7:45-9:00p	27	28 <i>Beginner T'ai Chi</i> 5:00-6:00p	29	30 <i>T'ai Chi for Seniors</i> 4:00-5:00p <i>Cont. Beginner T'ai Chi</i> 6:00-7:00p	31 Happy Halloween
NOV 1	2 <i>T'ai Chi Daily Morning Practice</i> 7:30-8a, 8-8:30a & 8:30-9a (M-F) <i>Basic Vinyasa Yoga</i> 7:45-9:00p	3	4 <i>Beginner T'ai Chi</i> 5:00-6:00p	5	6 <i>T'ai Chi for Seniors</i> 4:00-5:00p <i>Cont. Beginner T'ai Chi</i> 6:00-7:00p	7
8	9 <i>T'ai Chi Daily Morning Practice</i> 7:30-8a, 8-8:30a & 8:30-9a (M-F) <i>Basic Vinyasa Yoga</i> 7:45-9:00p	10	11 <i>Beginner T'ai Chi</i> 5:00-6:00p	12	13 <i>T'ai Chi for Seniors</i> 4:00-5:00p <i>Cont. Beginner T'ai Chi</i> 6:00-7:00p	14

CLASS DESCRIPTIONS:

Daily Morning Practice with Jeff Herrod

Start your day with a mind-body system settled, clarified, and energized as only T'ai Chi can. This is an informal, free-flowing practice in a peaceful, self-paced non-dogmatic environment for T'ai Chi players and aspirants of all levels of experience.

Fee: \$150 (seniors 65+: \$120) per 6-week session or purchase a class card good for any 30 practices in a 6-month period; \$165 (seniors, \$135).

Pre-registration required (min 4/max 8 students).

10/12 - 11/20 Monday - Friday 7:30-8:00a, 8:00-8:30a, 8:30-9:00a

T'ai Chi Ch'uan with Jeff Herrod

T'ai Chi Chuan: a gentle exercise and Chinese martial art based on Taoist principles good for those who do not require an extreme degree of fitness, it improves relaxation and balance, facilitates circulation of ch'i, strengthens the immune system and may provide relief from back and arthritic pains.

Fee: \$75 (seniors 65+: \$60). Pre-registration required (min 4/max 8 students).

CONTINUING BEGINNER 10/16 - 11/20 Fridays 6:00-7:00p

BEGINNER 10/14 - 11/18 Wednesdays 5:00-6:00p

Senior T'ai Chi with Jeff Herrod

T'ai Chi Chuan styled specifically for seniors. Revitalize those joints, improve balance and exercise your brain with this gentle exercise and simplified approach. Students must be at least 65 years of age.

Fee: \$60. Pre-registration required (min 4/max 8 students).

10/16 - 11/20 Fridays 3:30-4:30p

Basic Vinyasa Yoga with Laura Mannarino

Basic Vinyasa Yoga - The word vinyasa means flow. Flow is attained by linking the breath to the movement of the body and staying mindfully connected to the body. Classes will also include yoga philosophy, pranayama (breath work), relaxation, and aromatherapy. Benefits of the practice - reduce stress, relax the mind and body, tone muscles, detox the body, improve posture, balance and flexibility.

Fee: \$100. Pre-registration required.

10/12 - 11/16 Mondays 7:45-9:00pm

Call 410-296-5160 to register today!

*Visit www.acupuncturebaltimore.com
to read more about the classes and instructors.*

PRE-REGISTRATION & PAYMENT REQUIRED