



February 2010

InnerWorks
Holistic Health Center
3425 W. Central
Wichita Kansas 67203

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30-10:30a Flow Yoga 5:30-6:30p Level I/II Yoga 7-8:30p NVC Group	2	3 9:30-10:30a Hot Flow Yoga 5:30-6:30p Yoga Basics	4 6:45-7:45p Hot Flow Yoga	5	6 9:30-10:30a Yoga Basics
7 11:30a-12:30p New Thought Community Church 12-1p Yoga Basics	8 9:30-10:30a Flow Yoga 5:30-6:30p Level I/II Yoga	9 6:30p Oneness Blessing	10 9:30-10:30a Hot Flow Yoga 5:30-6:30p Yoga Basics 6-7:30p Intro to APOE Gene Diet	11 6:45-7:45p Hot Flow Yoga	12 6:30-7:30p Conscious Living— Couples Massage and Yoga <i>Come visit our booth at the Women's Fair Feb 12-14!</i>	13 9:30-10:30a Yoga Basics
14 11:30a-12:30p New Thought Community Church 12-1p Yoga Basics HAPPY VALENTINE'S DAY	15 9:30-10:30a Flow Yoga 5:30-6:30p Level I/II Yoga 7-8:30p NVC Group	16	17 9:30-10:30a Hot Flow Yoga 5:30-6:30p Yoga Basics	18 6:45-7:45p Hot Flow Yoga	19	20 9:30-10:30a Yoga Basics
21 11:30a-12:30p New Thought Community Church 12-1p Yoga Basics	22 9:30-10:30a Flow Yoga 5:30-6:30p Level I/II Yoga	23 6:30-7:30 p Conscious Living - Introduction to HeartMath	24 9:30-10:30a Hot Flow Yoga 5:30-6:30p Yoga Basics	25 6:45-7:45p Hot Flow Yoga	26	27 9:30-10:30a Yoga Basics 9a-4:30p Acupressure for Supporting the Healing Heart
28 11:30a-12:30p New Thought Community Church 12-1p Yoga Basics	<div style="border: 2px solid purple; padding: 10px;"> Plan now to start 2010 off with the support you need to make the changes you want. Join us for The Year of Living Consciously, an experiential educational series devoted to living with intention and awareness. These classes are specifically designed to give you the tools you need for personal growth and transformation. Call 946-0990 or visit www.innerworks.org for </div>					