



EVENTS 2010

January

- 17th Deeper Yoga/El Rosenkrantz 11-1/\$30
22nd Intro to Yoga/Jody Ermold 7-8pm/FREE
31st Life Management 101/Linda & Michael Rocco 12-5pm/\$125

February

- 5th Intro to Tai Chi/Jan Gyomber 7-8pm/FREE
20th **AYURVEDA FOOD COURSE I**/Linda & Michael Rocco 12-5pm/\$125
21th Deeper Yoga/Ellen Rosenkrantz 11-1/\$30
28st YOGA/AYURVEDA RETREAT Linda, Jody, El 11-2:00pm \$45 per person

March

- 12th -14th Ayurvedic Pulse Diagnosis Course/Vaidya RK Mishra
20th **AYURVEDA FOOD COURSE II**/Linda & Michael Rocco 12-5pm/\$125
21st Deeper Yoga/Ellen Rosenkrantz 11-1/\$30
26th Intro to Yoga/Jody Ermold 7-8pm/FREE

April

- 9th Intro to Tai Chi/Jan Gyomber 7-8pm/FREE
17th **AYURVEDA FOOD COURSE III**/Linda & Michael Rocco 12-5pm/\$125
18th Deeper Yoga/Ellen Rosenkrantz 11-1pm/\$30
25th Community Sound Circle/ Linda, Jo & Friends 1:30-3pm FREE

May

- 2nd YOGA/AYURVEDA RETREAT Linda, Jody, El 11-2:00pm \$45 per person
16th Community Sound Circle/ Linda & Jo 1:30-3pm FREE
21st Intro to Yoga/Jody Ermold 7-8pm FREE
22nd **AYURVEDA FOOD COURSE IV**/Linda & Michael Rocco 12-5pm/\$125
23rd Deeper Yoga /El Rosenkrantz 11-1pm \$30

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