



MIND BODY STUDIO

February 2017

Sunday

Monday

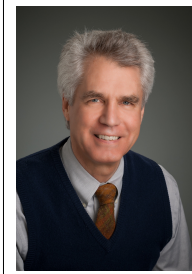
Tuesday

Wednesday

Thursday

Friday

Saturday



John A. Patterson MD, MSPH, FAFP
 Integrative Medicine Consultations
 Stress Management for Chronic Disease
 Burnout Prevention/Helping Professionals
 Mindful Tango/Mindful Waltz/Mindful Yoga
john@mindbodystudio.org
 859-373-0033

			1 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	2 11:00-12:15PM Iyengar yoga with Kim	3 7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya	4 8:00 - 9:15 AM Iyengar yoga with Kim 9:30-10:30 AM Nia c Karen/Marie
5	6 6:00 - 8:30 PM Mindfulness Based Stress Reduction (MBSR) Week 3- John 6:00 - 7:15 PM Qigong Basics with Matt	7 5:30 - 6:45 PM Kim Iyengar yoga 7:00 9:00 PM Scottish Country Dance with Joyce and Vicky	8 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	9 11:00-12:15PM Iyengar yoga with Kim	10 7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya	11 8:00 - 9:15 AM Iyengar yoga with Kim 9:30-10:30 AM Nia c Karen/Marie 7:30 -9:30 PM Argentine Tango Practice- John and Nataliya
12	13 6:00 - 8:30 PM Mindfulness Based Stress Reduction (MBSR) Week 4- John 6:00 - 7:15 PM Qigong Basics with Matt	14 5:30 - 6:45 PM Kim Iyengar yoga 7:00 9:00 PM Scottish Country Dance with Joyce and Vicky	15 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	16 11:00-12:15PM Iyengar yoga with Kim	17 7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya	18 8:00 - 9:15 AM Iyengar yoga with Kim 9:00 AM -4:00 PM All Day Mindfulness Retreat- John
19	20 6:00 - 8:30 PM Mindfulness Based Stress Reduction (MBSR)-Week #5 John 6:00 - 7:15 PM Qigong Basics with Matt	21 5:30 - 6:45 PM Kim Iyengar yoga 7:00 9:00 PM Scottish Country Dance with Joyce and Vicky	22 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	23 11:00-12:15PM Iyengar yoga with Kim	24 7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya	25 8:00 - 9:15 AM Iyengar yoga with Kim 9:30-10:30 AM Nia c Karen/Marie
26	27 6:00 - 8:30 PM Mindfulness Based Stress Reduction (MBSR)-Week #6 John 6:00 - 7:15 PM Qigong Basics with Matt	28 5:30 - 6:45 PM Kim Iyengar yoga 7:00 9:00 PM Scottish Country Dance with Joyce and Vicky				