



MIND BODY STUDIO

February 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



John A. Patterson MD, MSPH, FAAFP

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
 7:30-9:00 PM
Argentine Tango
 John and Nataliya

2
 9:00 AM-4:00PM
A Day of Mindfulness Based Stress Reduction for Body, Mind and Heart- John

3	4	5 8:00-10:00 PM Scottish dancing Vicky and Joyce	6 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	7 6:00 -8:30 PM Mindfulness Based Stress Reduction MBSR 8 week series John	8 7:30-9:00 PM Argentine Tango John and Nataliya	9 9:00 AM-4:00PM A Day of Mindfulness Based Stress Reduction for Body, Mind and Heart- John
10	11	12 8:00-10:00 PM Scottish dancing Vicky and Joyce	13 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	14 6:00 -8:30 PM Mindfulness Based Stress Reduction MBSR 8 week series John	15 7:30-9:00 PM Argentine Tango John and Nataliya	16
17	18	19 8:00-10:00 PM Scottish dancing Vicky and Joyce	20 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	21	22	23 7:30-9:00 PM Argentine Tango John and Nataliya
24	25	26 8:00-10:00 PM Scottish dancing Vicky and Joyce	27 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	28 6:00 -8:30 PM Mindfulness Based Stress Reduction MBSR 8 week series John		

Argentine Tango
 Nataliya Timoshevskaya
timnatevg@gmail.com
 John Patterson MD

Scottish Dance
 Joyce Chase
 (203) 213-4120
 Vicky Goodloe
 (859) 396-1468