



MIND BODY STUDIO

May 2016

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>Private class</p>	<p>2</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>7:00-8:15PM/ Suzie Yoga Fundamentals</p>	<p>3</p> <p>6:30-7:45AM Suzie Yoga Fundamentals</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>7:00PM Essential Oils Workshop- Suzie</p>	<p>4</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>5:30-6:45PM/ Suzie Yoga Fundamentals</p>	<p>5</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p>	<p>6</p> <p>9:00-10:15AM/ Suzie Yoga Fundamentals</p> <p>7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya</p>	<p>7</p> <p>8:00 - 9:15 AM Iyengar Yoga with Kim Blich 9:30AM-4:00PM Mindfulness Based Stress Reduction (MBSR) All Day Silent Retreat- John</p>
<p>8</p>	<p>9</p> <p>7:00-8:15PM Suzie Yoga Fundamentals</p> <p>6:00 - 8:30 PM Mindfulness-based stress reduction MBSR Session #7 of 8 John</p>	<p>10</p> <p>6:30-7:45AM Suzie Yoga Fundamentals</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>5:30 - 6:45 PM - Iyengar Yoga/ Kim</p> <p>7:00PM Essential Oils Workshop- Suzie</p>	<p>11</p> <p>9:00-10:15AM/ Suzie Yoga Fundamentals</p> <p>5:30-6:45PM/ Suzie Yoga Fundamentals</p> <p>6:30 - 8:00 PM Mindfulness and Relaxation for Health John</p>	<p>12</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>6:00 - 8:30 PM Mindfulness-based stress reduction MBSR Session #7 of 8 John</p>	<p>13</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>7:00 - 9:00 PM Healer's Art UK Medical School John</p> <p>7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya</p>	<p>14</p> <p>8:00 - 9:15 AM Iyengar Yoga with Kim Blich</p> <p>7:30-9:30 Argentine Tango Practice session John and Nataliya</p>
<p>15</p>	<p>16</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>7:00-8:15PM/ Suzie Yoga Fundamentals</p> <p>6:00 - 8:30 PM Mindfulness-based stress reduction MBSR Session #8 of 8 John</p>	<p>17</p> <p>6:30-7:45AM Suzie Yoga Fundamentals</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>5:30 - 6:45 PM - Iyengar Yoga/ Kim</p> <p>7:00PM Essential Oils Workshop- Suzie</p>	<p>18</p> <p>9:00-10:15AM/ Suzie Yoga Fundamentals</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>5:30-6:45PM/ Suzie Yoga Fundamentals</p> <p>6:30 - 8:00 PM Mindfulness and Relaxation for Health John</p>	<p>19</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>6:00 - 8:30 PM Mindfulness-based stress reduction MBSR Session #8 of 8 John</p>	<p>20</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya</p>	<p>21</p> <p>8:00 - 9:15 AM Iyengar Yoga with Kim Blich</p>
<p>22</p>	<p>23</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>7:00-8:15PM Suzie Yoga Fundamentals</p>	<p>24</p> <p>6:30-7:45AM Suzie Yoga Fundamentals</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>5:30 - 6:45 PM - Iyengar Yoga/ Kim</p> <p>7:00PM Essential Oils Workshop- Suzie</p>	<p>25</p> <p>9:00-10:15AM/ Suzie Yoga Fundamentals</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>5:30-6:45PM/ Suzie Yoga Fundamentals</p> <p>6:30 - 8:00 PM Mindfulness and Relaxation for Health John</p>	<p>26</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p>	<p>27</p> <p>9:00-10:15AM Suzie Yoga Fundamentals</p> <p>7:30-9:00PM Argentine Tango Dance of the Heart John and Nataliya</p>	<p>28</p> <p>8:00 - 9:15 AM Iyengar Yoga with Kim Blich</p> <p>7:30-9:30 Argentine Tango Practice session John and Nataliya</p>
<p>29</p>	<p>30</p> <p>10 - 11 AM Pilates Mat Class Jill Johnson</p> <p>7:00-8:15PM Suzie Yoga Fundamentals</p>			<p>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</p>		