



Decatur Healing Arts

March 2010

Updated: 3/15/10

Drop-ins welcome in all classes - *except for Tai Chi, some workshops & special classes*

Monday

4:30 -5:30 p **Intro to NIA – Last class March 8th** -----Erica Saffron
 8:00-9:00 p **Aikido - Adult classes**-----Joel Riggs (sign up at AIKIDODecatur.com)

Tuesday

11:15-12:00 p **Mom & Baby Yoga – 6 weeks only – starts March 30th** -----Lynn Brandli (sign up at OhBabyFitness.com)
 12:15-1:30 p **Pregnancy Yoga – 8 weeks only – starts March 30th**-----Lynn Brandli (sign up at OhBabyFitness.com)
 3:30-5:20 p **Aikido Child/Youth** -----Joel Riggs (sign up at AIKIDODecatur.com)
 5:30-6:45 p **Yoga Basics**-----Chris O'Brien
 7:00-8:15 p **Vinyasa Flow Yoga** -----Michael McCullers

Wednesday

6:00-7:00 p **Qi Gong – For all levels – beginners welcome**-----Jude Hasken

Thursday

6:00-7:15 p **Tai Chi – 108 forms & 24 forms - New 8-week series starts March 4th** -----Jude Hasken
 7:30-8:45 p **Hatha Flow Yoga**-----Hanlie Laakmann

Friday

9:30 -10:30 a **Intro to NIA – Starts March 19th**-----Erica Saffron
 3:30-5:30 p **Aikido Child/Youth Classes** - -----Joel Riggs (sign up at AIKIDODecatur.com)

Saturday

9:00-10:15 a **Tai Chi – 108 forms & 24 forms - New 8-week series starts March 13th**-----Jude Hasken
 10:30-11:30 a **Qi Gong - For all levels – beginners welcome** -----Stacie Draper

Sunday

9:00-10:15 a **Yoga Basics – New time starting March 14th: 9:30-10:45a** -----Stephanie Foxman
 12:30-1:30 p **NIA – Integrated Dance Therapies – New time starting March 14th : 1-2p**-----Erica Saffron
 6:30-7:30 p **Aikido - Adult classes** -----Joel Riggs (sign up at AIKIDODecatur.com)

Drop-in: \$15/Seniors (65+) & Students: \$12 • Unlimited Monthly \$120 • Series classes: 4-class card \$50/Seniors & Students: \$45
 6-class card \$75/\$68 • 8-class card or Tai Chi series \$100/\$90; 12-class* card \$120; 24-class* card \$216
Buy your FIRST 4 class card and get 5 classes for \$50 • Buy your FIRST 8 and get 10 classes for \$100
 *12-class and 24-class cards expire after 6 months

Decatur Healing Arts • 109A New Street • Decatur, GA 30030 • 404.378.6288 • www.decaturhealingarts.com