



Decatur Healing Arts

February 2012

Updated 01/29/12

Calendar is subject to change. Please check our website for updates.

Monday

12:00-1:15p **Noon Flow Yoga – Special \$5 lunchtime class!**-----Amy Scully
 7:30-8:30p **Intuitive Eating – Studio 2 - thru March 12, drop-ins welcome**----- David Orozco
 8:00-9:00p **Nia - Integrated Dance Therapies – starts February 6th**----- Tamara Albright

Tuesday

9:30-10:30a **Yoga for Wellness – Open to All (Kaiser Students – please pre-register)**-----Pat Hudson
 12:00-1:15p **Noon Flow Yoga**-----Annie Harbison
 5:30-6:45p **Yoga Basics**-----Stephanie Foxman
 6:30-8:00p **Therapeutic Yoga – Studio 2 – Kaiser, MS and Arthritis Students welcome – please pre-register**-----Terri Leonard
 7:00-8:15p **Vinyasa Flow Yoga**----- Michael McCullers

Wednesday

9:30-10:30a **Sun Style Tai Chi**----- Eleanor Hand
 11:00-11:45a **Mom & Baby Yoga – Jan 18–Feb 22 - sign up at Oh Baby!**----- Kristen Mercado (OhBabyFitness.com)
 12:00-1:15p **Pregnancy Yoga – Jan 11–Feb 29 - sign up at Oh Baby!**----- Kristen Mercado (OhBabyFitness.com)
 12:00-1:15p **Noon Flow Yoga – Studio 2**-----Annie Harbison
 5:00-6:30p **Alexander Technique – New 4-week series starts Feb 08 - please pre-register - Robbin Marcus (sign up at 770-482-8717)**
 6:00-7:15p **Tai Chi Level I – New Kaiser series starts Feb 15 – please pre-register**-----Jude Hasken
 7:30-8:45p **Nia - Integrated Dance Therapies**-----Erica Saffron

Thursday

9:15-10:45a **Alexander Technique – New 4 week series starts Feb 09 - please pre-register -- Robbin Marcus (sign up at 770-482-8717)**
 11:00-12:15p **Therapeutic Yoga – New Kaiser series starts Feb. 16th – please pre-register**-----Terri Leonard
 12:00-1:15p **Noon Flow Yoga – Studio 2**-----Annie Harbison
 4:30 -5:45p **Osho Meditation – By appointment only**-----Deva Meghana (sign up at 770-842-3961)
 6:00-7:15p **Tai Chi Level II – New Kaiser series starts Feb. 16th – please pre-register**-----Jude Hasken
 7:15-8:30p **Pregnancy Yoga – Studio 2 - Jan 12 – Mar 1 – sign up now at OhBaby!**----- Kristen Mercado (OhBabyFitness.com)
 7:30-8:45p **Power Flow Yoga - No class Feb 16**-----Annie Harbison

Friday

10:00-11:15a **Nia - Integrated Dance Therapies – New students free every first Friday**----- Tamara Albright
 12:00-1:15p **Hatha Flow Yoga – Special \$5 lunchtime class!**-----Amy Scully

Saturday

9:00-10:15a **Tai Chi Yang Style 24 Forms – Next series starts Mar 17**-----Jude Hasken
 10:15-11:30a **Tai Chi Yang Style 108 Forms – (prerequisite 24 forms) Next series starts Mar 17**-----Jude Hasken
 10:30-11:30a **Tai Chi/Qi Gong Wudang Style – NEW! 6-week series starts Feb 18 – pre-registration required**----- Corinne Chaves
 12:00 -1:15p **Multi -Level Yoga**-----Caroline Young
 5:00-6:00p **Chen Style Tai Chi - FREE INTRO FEB 4. New 6-week series starts Feb 11 – please pre-register**-----Xiaoyi (Solange) Dong

Sunday

8:00 -9:30a **Osho Meditation – Donations only**-----Deva Meghana (sign up at 770-842-3961)
 10:00-11:15a **Yoga Basics**-----Stephanie Foxman
 11:30-12:45p **Nia - Integrated Dance Therapies**-----Erica Saffron
 6:30-7:30p **Guided Meditation**----- Stan Holt

Drop-in: \$15(\$12) • 4-class card \$50(\$45) • 6-class card \$75(\$68) • 8-class card \$100(\$90) • 12-class card \$120 • Monthly unlimited card \$100
 Buy your FIRST 4-class card and get 5 classes for \$50 OR Buy your FIRST 8-class card and get 10 classes for \$100
 4-class cards expire after 4 months. 6, 8, & 12-class cards expire after 6 months
 Senior (65+) and Full-time Student Rates are noted in parenthesis



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Workshops & Special Sessions

<p>New! Chen Style Tai Chi starts in February : Saturdays at 5pm Taught by Xiaoyi Dong (Solange)</p> <p>Free intro and demonstration February 4th, 5:00pm</p> <p>Solange is 20-years old, from China, and currently studying at Agnes Scott. This class will be Chen-style basic training such as Silk Reeling to Chen-style 18 forms.</p> <p>A 6-class series will begin on February 11th. \$60 for the series.</p>	<p>Group Sound Healing with Tamara Albright Sunday, February 5th, 1-2:30p Experience how sound specifically impacts you and discover how it can be used as a powerful tool for connection, transformation and healing. Only \$5/person</p> <p>Oneness Blessing with Betsy and Dennis Brannen Sunday, February 5th, 4-5 pm Free! Donations welcome.</p> <p>Enhance your journey towards Awakening, and true Self-Realization with a Oneness Blessing (Deeksha). Deeksha activates the kundalini, and balances the chakras.</p>	<p>The Romance of Reflexology Foot Care for Couples with Christin Whittington Saturday February 11 6:30-8 pm What's better than a foot rub for your Valentine? Learn a skill that you can share for a lifetime! \$20/single \$35/couple Must RSVP with us by Feb 10</p> <p>Bone Stretching Qi Gong with Corinne Chaves Saturday February 11th 1-4 pm An ancient system of healing exercises that opens the joints, and strengthens the bones and ligaments. This form is suitable for all levels. \$45/40 if pre-registered and pre-paid. Please pre-register for these classes by calling 404-378-6288 or pre-pay on our website workshops page.</p>
<p>Healing Bowls with Daniel Bastacky Sunday, February 12th, 2:00-4:00pm Receive a sound massage as crystal bowls are played while resting your body. The deep vibrational resonance relaxes tense muscles and calms the mind. Only \$10</p> <p>The Doorway Within With Dr. Bhagwan Awatramani Thursday February 16th 7:30pm The most precious gift you can taste in this lifetime is to become aware of who you really are. One glimpse, revealed through stillness, can open the door to the freedom and release you have always sought. Donations only</p>	<p>Qi Gong Medley with Corinne Chaves Sunday February 19th, 1:00-4:00 pm</p> <p>Experience the transformative power of Qi Gong with these three essential forms: 8 Pieces Brocade, Bone Stretching and Primordial Qi Gong 2.</p> <p>These forms open and clear the 12 primary channels and the 8 extraordinary channels and activate the kidney Qi for strengthening the bones and marrow. Tune up your system in preparation for winter! \$45 \$40 if pre-registered and pre-paid.</p>	<p>Lead from your Heart with Diane Dempster Certified Coach and Reiki Master Saturday, February 25th, 1:30-3:30pm</p> <p>Live intentionally with a mind-set of love and service. Reconnect with those things that make your heart sing. Discover how to have a vocation and not just a career.</p> <p>Uncover tricks for trusting your inner guidance system. Create a personalized plan to forward with intention.</p> <p>Cost: \$20, bring a friend for \$30 Space is limited; call 404-895-3030 or e-mail Diane@inner-progresscoaching.com to reserve your spot</p>