

# Tahoe Wellness Cooperative Community Center

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <ul style="list-style-type: none"> <li>☀ Arrive 5 minutes before sessions begin.</li> <li>☀ Call and make appointment the day of for Massage or Therapy Classes. (<i>ext. 0</i>)</li> <li>☀ Donations are accepted and appreciated.</li> <li>☀ Materials are provided for craft classes.</li> <li>☀ Like us on FB for current information.</li> </ul>						<p><b>Free and Open to the Public!</b> Donations Appreciated &amp; go directly to the instructors</p>	<p>1 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>2 10-11 Love Flow Yoga 12:30-2 Open Communication 6:30-8 <b>Canna-Business Series #1</b></p>	<p>3 4-5 Cancer Support</p>	<p>4 <i>No Programs Today Happy 4th! Be Safe!</i></p>	<p>5 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>6 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group</p>	<p>7 1:30-2:45 Yin &amp; Yang Yoga 3:30-4 Cannabis 101 3-7 <b>Lounge Demo</b> <i>Orange You Glad</i></p>	<p>8 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>	
<p>9 10-11 Love Flow Yoga 12:30-2 Open Communication 5-6:30 <b>Booty Workout</b></p>	<p>10 4-5 Cancer Support</p>	<p>11 3-4 Happy Daze 5:45-6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>12 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>13 11-11:45 Yoga Nidra Meditation 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group</p>	<p>14 1:30-2:45 Yin &amp; Yang Yoga 3-7 <b>Summer Jam in Lounge</b></p>	<p>15 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>	
<p>16 10-11 Love Flow Yoga 12:30-2 Open Communication 5-6 <b>Tea Ceremony</b></p>	<p>17 4-5 Cancer Support</p>	<p>18 3-4 Happy Daze 5:45-6:45 Zumba 6-7:30 <b>Spa Nails</b></p>	<p>19 4-5 Military Support 6:30-8 <b>Canna-Business Series #2</b></p>	<p>20 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group</p>	<p>21 11-1 <b>Haircuts</b> (call day before for appointment) 2-3 <b>Personal Finance Class</b> 3:30-4 Cannabis 101</p>	<p>22 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>	
<p>23 12:30-2 Open Communication 5-6:30 <b>Booty Workout</b></p>	<p>24 4-5 Cancer Support 6:30-7:30 <b>Essential Oils 101</b></p>	<p>25 3-4 Happy Daze 5:45-6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>26 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>27 11-11:45 Yoga Nidra Meditation 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group</p>	<p>28 1:30-2:45 Yin &amp; Yang Yoga </p>	<p>29 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>	
<p>30 12:30-2 Open Communication 5-6:30 <b>Booty Workout</b></p>	<p>31 4-5 Cancer Support 5:30 -8 <b>Herbal Wellness Clinic</b> (call anytime for an appointment)</p>	<p><b>Get Involved!</b> We are always looking for certified therapists, healers, yoga instructors, dancers, artists, and local talent of any type! Contact us to see how you can contribute to creating a healthy and conscious community! Contact <a href="mailto:amy@tahoewellnesscoop.org">amy@tahoewellnesscoop.org</a> for more information.</p>					<p><b>TWC</b> TAHOE WELLNESS CO-OP</p>