


Tahoe Wellness Cooperative Community Center

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Free and Open to the Public! Donations Appreciated & go directly to the instructors</p>		<p>1 12-2 Tarot Card Readings (call day of for appt.) 4-5 Happy Daze 5:45- 6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>2 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>3 11-11:45 Yoga Nidra Meditation 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>4 1:30-2:45 Yin & Yang Yoga 3:30-4 Cannabis 101 3-7 Lounge Demo</p>	<p>5</p>
<p>6 12:30-2 Open Communication 2:30-3:30 Anxiety Support Group</p>	<p>7 4-5 Cancer Support 1:30-3:30 Deep Tissue Massage (call day of for appt.)</p>	<p>8 12-2 Tarot Card Readings (call day of for appt.) 4-5 Happy Daze 5:45- 6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>9 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>10 11-11:45 Yoga Nidra Meditation 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>11 1:30-2:45 Yin & Yang Yoga 3-7 Blazin Thru Summer Patient Appreciation Event in Lounge</p>	<p>12 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>13 12:30-2 Open Communication 2:30-3:30 Anxiety Support Group</p>	<p>14 4-5 Cancer Support 1:30-3:30 Deep Tissue Massage (call day of for appt.)</p>	<p>15 12-2 Tarot Card Readings (call day of for appt.) 4-5 Happy Daze 5:45- 6:45 Zumba 6-7:30 Spa Nails Workshop</p>	<p>16 9:30-11 Keep it Clean (Community Trash Cleanup) 12-2 Swedish Massage 4-5 Military Support 6:30-8 Canna-Business #3</p>	<p>17 11-11:45 Yoga Nidra Meditation 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>18 11-1 Haircuts (Call day before for appointment) 2-3 Personal Finance Class 3:30-4 Cannabis 101</p>	<p>19 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>20 12:30-2 Open Communication 2:30-3:30 Anxiety Support Group 5-6 Tea Ceremony</p>	<p>21 4-5 Cancer Support 1:30-3:30 Deep Tissue Massage (call day of for appt.)</p>	<p>22 12-2 Tarot Card Readings (call day of for appt.) 4-5 Happy Daze 5:45- 6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>23 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>24 11-11:45 Yoga Nidra Meditation 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>25 1:30-2:45 Yin & Yang Yoga 3-7 Lounge Demo</p>	<p>26 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>27 12:30-2 Open Communication 2:30-3:30 Anxiety Support Group</p>	<p>28 4-5 Cancer Support 1:30-3:30 Deep Tissue Massage (call day of for appt.) 5:30 -8 Herbal Wellness Clinic (call anytime for an appt)</p>	<p>29 12-2 Tarot Card Readings (call day of for appt.) 4-5 Happy Daze 5:45- 6:45 Zumba 6:30-7:30 Essential Oils for Chakras</p>	<p>30 9:30-11 Keep it Clean (Community Trash Cleanup) 12-2 Swedish Massage 4-5 Military Support 5:30- 6:45 Dance Fitness</p>	<p>31 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>		

Get Involved!

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 amy@tahoewellnesscoop.org for more information.

- Arrive 5 minutes before sessions begin.
- Call and make appointment the day of for Massage or Therapy Classes. (ext. 0)
- Donations are accepted and appreciated.
- Materials are provided for craft classes.
- Like us on FB for current information.



TWCC
TAHOE WELLNESS CO-OP