

Tahoe Wellness Cooperative Community Center

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Arrive 5 minutes before sessions begin. Call and make appointment the day of for Massage or Therapy Classes. <i>(ext. 0)</i> Donations are accepted and appreciated. Materials are provided for craft classes. Like us on FB for current information.</p>				<p>Free and Open to the Public! Donations Appreciated & go directly to the instructors</p>		<p>3:30-4 Cannabis 101 ¹</p>
<p>12:30-2 Open Communication ³ 6-7:30 Spa Nails <i>(Call for appointment)</i></p>	<p>4-5 Cancer Support ⁴</p>	<p>12-2 Tarot Card Readings <i>(call day of for appt.)</i> ⁵ 4-5 Happy Daze 5:45- 6:45 Zumba</p>	<p>12-2 Swedish Massage ⁶ 4-5 Military Support</p>	<p>12-1:15 Ayurveda Yoga ⁷ 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>12-1:30 Arts & Crafts ⁸</p>	<p>12-1:30 Get Crafty ⁹ 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>12:30-2 Open Communication ¹⁰</p>	<p>4-5 Cancer Support ¹¹</p>	<p>12-2 Tarot Card Readings <i>(call day of for appt.)</i> ¹² 4-5 Happy Daze 5:45- 6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>12-2 Swedish Massage ¹³ 4-5 Military Support 6:30-7:30 Yoga Flow</p>	<p>11-11:45 Yoga Nidra Meditation ¹⁴ 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>11-1 Haircuts ¹⁵ <i>(Call day before for appointment)</i> 2-3 Personal Finance Class 3:30-4 Cannabis 101</p>	<p>12-1:30 Get Crafty ¹⁶ 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>12:30-2 Open Communication ¹⁷ 5-6 Tea Ceremony 6:30-7:30 Spa Nails <i>(Call for appointment)</i></p>	<p>4-5 Cancer Support ¹⁸</p>	<p>12-2 Tarot Card Readings <i>(call day of for appt.)</i> ¹⁹ 4-5 Happy Daze 5:45- 6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>12-2 Swedish Massage ²⁰ 4-5 Military Support 6:30-7:30 Yoga Flow</p>	<p>11-11:45 Yoga Nidra Meditation ²¹ 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>12-1:30 Arts & Crafts ²² 7-8:30 Be the Change ~An Open Community Discussion~</p>	<p>12-1:30 Get Crafty ²³ 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</p>
<p>12:30-2 Open Communication ²⁴</p>	<p>4-5 Cancer Support ²⁵ 5:30 -8 Herbal Wellness Clinic <i>(call anytime for an appt)</i></p>	<p>12-2 Tarot Card Readings <i>(call day of for appt.)</i> ²⁶ 4-5 Happy Daze 5:45- 6:45 Zumba 7-8 Spin and Dance Flow</p>	<p>12-2 Swedish Massage ²⁷ 4-5 Military Support 6:30-7:30 Yoga Flow</p>	<p>11-11:45 Yoga Nidra Meditation ²⁸ 12-1:15 Ayurveda Yoga 1:30-2:30 Fibromyalgia Support Group 3-4 Burlesque Dance Class</p>	<p>12-1:30 Arts & Crafts ²⁹ 3:30-4 Cannabis 101</p>	<p>12-1:30 Get Crafty ³⁰ 6:30-7:15 Latin and Arg. Tango Dance Class 7:15-8:30 Open Dance</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.

www.tahoewellnesscoop.org (530)544-8000 3445 Lake Tahoe Blvd. South Lake Tahoe, CA 96150 Open 9am-9pm daily



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TAHOE WELLNESS CO-OP