

February 2010 Events Calendar



Naturopathic Health Centre naturopathic Health Centre

3514 Joseph Howe Drive, Suite 16, Halifax, NS, B3L 4H7

(902) 425-4848 info@balancehealthcentre.ca

see website for full description of all events, classes, etc. Pre-registration Required!

www.BalanceHealthCentre.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Yoga Drop-in Schedule
CLOSED Sundays	25-Jan <i>Everyone Welcomed!</i> <i>Our events are open to the public and to our existing community unless otherwise stated</i>	26-Jan Holistic Childbearing Part 1 or 3 Nat. Medicine, Yoga, Massage... 6 - 8 pm	27-Jan Unlimited Yoga Passes \$65+HST/mo for all Drop-In Classes!	28-Jan Chair Yoga Course 2-hr Introduction to Yoga you can do in a Chair! 6:30 - 8:30pm	29-Jan	30-Jan	Mondays Kripalu Yoga 6p Yoga for Athletes 730p Tuesdays 50 yrs+ yoga 10a Wednesdays Power Vinyasa 1015a Kripalu 12:15p (45min) Yoga Basics (Intro) 6p Thursdays Kripalu Yoga 515p Fridays Morning Flow 930a Saturdays Beginner Yoga 1030a Drop-In YOGA PRICES Unlimited Passes: \$65+HST/Month \$20/ first week Punch Cards: Single pass \$15+HST 5 passes \$60+HST 10 passes \$110+HST 20 passes \$200+HST
31-Jan	1-Feb	2	3	4	5	6 20/20 Course to Improve Vision Naturally 12:30 - 4:15 pm The Science & Wisdom of Life Coaching Lecture 4:30 - 5:15pm	
7	8	9 Holistic Childbearing Part 2 of 3 Nat. Medicine, Yoga, Massage... 6 - 8 pm	10	11 4th Trimester 7-Week Program Begins 10am - 12pm	12	13 Breastfeeding 101 Workshop 12:30 - 2:30 pm	
14	15	16	17	18	19	20	
21	22	23 Holistic Childbearing Part 3 of 3 Nat. Medicine, Yoga, Massage... 6 - 8 pm	24	25	26	27	
Hours of Operation: 10 am - 6 pm 10 am - 6 pm 10 am - 7 pm 10 am - 7 pm 10 am - 5 pm 9 am - 2 pm							

Join our eClub and receive our eNewsletter - email info@balancehealthcentre.ca

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