

Humboldt Wellness Center

5050 Valley East Blvd, Arcata

www.humboldtwellnesscenter.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>10:30am Qi Gong 12pm Restorative Yoga w/ Danielle 4pm Yoga w/ Brandi 5pm Thinner Healthier You (5 wk Weight Loss Clinic)</p>	<p>2 12pm Multilevel</p> <p>Yoga w/ Danielle 2-3pm Interactive Parenting Class 4pm Drawing for K-8th graders 6:00pm Zumba 5:30-7:30pm Self Hypnosis for Pain Management</p>	<p>3</p> <p>8:30am Laughter Yoga 2pm Tai Chi 4pm Yoga Therapy for Depression 5:30pm Pilates 5:30-7:30pm Painting (Oil & Watercolor)*</p>	<p>4 11am Mommy & Baby Yoga 12pm Circuit Training/Stretch 4pm Drawing for K-8th Graders 5:30-7:30pm Self Hypnosis 6:00pm Zumba 6:30-8:00pm Time Management I</p>	<p>5</p> <p>5:30pm Cardio Belly Dance</p>	<p>6</p> <p>9:30am Hula-robics 10am-1pm Tarot 11am Zumba 1-2:30pm Women's Support Group</p>
<p>7</p> <p>4pm Yoga w/ Brandi 6-8pm Avesa Quantum Balancing</p>	<p>8</p> <p>10:30am Qi Gong 12pm Restorative Yoga w/ Danielle 4pm Yoga w/ Brandi 5pm Thinner Healthier You</p>	<p>9</p> <p>12pm Multilevel Yoga Danielle 2-3pm Interactive Parenting Class 2:30-7:30pm Gentle Body Relief (appt required) 4pm Drawing for K-8th graders 5:30-7:30pm Self Hypnosis 6:00pm Zumba</p>	<p>10</p> <p>8:30am Laughter Yoga 2pm Tai Chi 4pm Yoga Therapy for Depression 5:30pm Pilates 5:30-7:30pm Painting (Oil & Watercolor)*</p>	<p>11</p> <p>11am Mommy & Baby Yoga 12pm Circuit Training/Stretch 4pm Drawing for K-8th Graders 6:00pm Zumba 6:30-8:00pm Time Management II</p>	<p>12</p> <p>5:30pm Cardio Belly Dance</p>	<p>13 9:30am Hula-robics 11am Zumba 1-2:30pm Women's Support Group 1-4pm Sprouting Foods 4-6pm Acting/Improv 5-8pm Beaded Necklace</p>
<p>14 4pm Yoga w/ Brandi 5:30pm Cooking Class: Healthy Healing Vegetarian 6-8pm Matrix Energetics Mini Sessions (appt required)</p>	<p>15</p> <p>10:30am Qi Gong 12pm Restorative Yoga w/ Danielle 4pm Yoga w/ Brandi 5pm Thinner Healthier You</p>	<p>16 12pm Multilevel</p> <p>Yoga w/ Danielle 2-3pm Interactive Parenting Class 2:30-7:30pm Gentle Body Relief (appt required) 5:30-7:30pm Self Hypnosis 6:00pm Zumba</p>	<p>17</p> <p>8:30am Laughter Yoga 2pm Tai Chi 4pm Yoga Therapy for Depression 5:30pm Pilates 5:30-7:30pm Painting (Oil & Watercolor)* 6:30-8:30pm Karma Management</p>	<p>18</p> <p>9am-3pm Massage\$ (appt required) 11am Mommy & Baby Yoga 12pm Circuit Training/Stretch 6:00pm Zumba</p>	<p>19</p> <p>5:30pm Cardio Belly Dance 5:30pm Basic Cooking Techniques</p>	<p>20</p> <p>9:30am Hula-robics 10am-1pm I-Ching (The book of changes) 11am Zumba 1-2:30pm Women's Support Group</p>
<p>21</p> <p>1-3pm Recycled Art for Kids 4pm Yoga w/ Brandi 6-9pm Intro to Energy Work & Reiki Level 1</p>	<p>22</p> <p>10:30am Qi Gong 12pm Restorative Yoga w/ Kali 4pm Yoga w/ Brandi 5pm Thinner Healthier You</p>	<p>23</p> <p>12pm Multilevel Yoga w/ Kali 2-3pm Interactive Parenting Class 5:30-7:30pm Self Hypnosis for Pain Management 6:00pm Zumba</p>	<p>24 8:30am Laughter Yoga 2pm Tai Chi 4pm Yoga Therapy for Depression 5:30pm Pilates 5:30-7:30pm Painting(Oil & Watercolor)*</p>	<p>25</p> <p>11am Mommy & Baby Yoga 12pm Circuit Training/Stretch 5:30-7:30pm Cooking Class: Fish 6:00pm Zumba</p>	<p>26</p> <p>5:30pm Cardio Belly Dance 7-9pm Clothing Exchange</p>	<p>27</p> <p>9:30am Hula-robics 10am-12:30pm Mosaic Memories 11am Zumba 1-2:30pm Women's Support Group 4-6pm Acting & Improv</p>
<p>28</p> <p>4pm Yoga w/ Brandi</p>	<p>29</p> <p>10:30am Qi Gong 12pm Restorative Yoga w/ Danielle 4pm Yoga w/ Brandi 5pm Thinner Healthier You</p>	<p>30</p> <p>12pm Multilevel Yoga w/ Danielle 2-3pm Interactive Parenting Class 5:30-7:30pm Self Hypnosis for Pain Management 6:00pm Zumba</p>	<p>31 8:30am Laughter Yoga 2pm Tai Chi 4pm Yoga Therapy for Depression 5:30pm Pilates 5:30-7:30pm Painting(Oil & Watercolor)*</p>	<p>All our classes are FREE!</p> <p>Thanks to funding from Humboldt Patient Resource Center 980 6th Street, Arcata</p>		

Students to provide their own painting supplies for this class

\$ Massage—\$40/hr or \$20/hr for HPRC Patients