SPRING AT THE WELLSPRING SCHOOL

Caring for Cancer: A Wholistic Approach

With Rylen Feeney and Michael Guida. Sat., Apr. 8 & Sun., Apr. 9; $350

Become a stronger advocate for your patients or loved ones with cancer, or for your own heath. We'll explore how a wholistic approach can lessen side effects and sustain the immune system during chemotherapy and radiation, and then restore greater health. Discounts available. Pre-approved for 14 NCCAOM PDAs. Eligible for 14 CEU hours.

Women's Wellness Series Starting in May

With Rylen Feeney. First class on Tuesday, May 2.

We're giving you a heads-up about this series because the very first class is a great one to start with. It's a primer on what a healthy menstrual cycle looks and feels like. Next we'll see how to bring irregular, painful cycles back in sync, how to manage fibroids, endometriosis, and PCOS with a wholistic approach, and options for navigating peri/menopause. Take it for your personal empowerment or to layer into your practice!

AMMA THERAPY PROGRAM

Our professional Amma Therapy program kicks off April 11. Don't miss the final info session on March 8, 5:30 - 7 pm!

WOMEN'S WELLNESS SERIES

Tuesdays, May 2, 17 & 30 and Jun. 20, 6 - 8 pm, $45. Discounts available.
Can be taken individually. We recommend you start with the one on May 2 though!

MOVEMENT & MINDFULNESS

T'ai Chi - with Michael Guida
Mondays, 5:30 - 6:30 pm; Thursdays, 9 - 10 am

Shen Qigong - with Rylen Feeney
Wednesdays, 8 - 9 am, ongoing. Last class May 10.

Qigong: 8 Brocades- with Rylen Feeney
Tuesdays, 1 - 2 pm, starts Apr. 11

Feldenkrais - with Susan Marshall
Fridays, 10:30 - 11:30 am

Community Meditation for Peace - with Iris Moon
Mondays, 6:45 - 7:30 pm

Quieting the Mind - with Rylen Feeney
Wednesdays, 5:45 - 6:30 pm; starts Mar. 15

Visit www.thewellspring.org for details & to sign up!

THE WELLSPRING SCHOOL
for healing arts

Offering comprehensive training & classes in Amma Bodywork Therapy, Wholistic Health, Traditional Chinese Medicine, Wholistic Nutrition & Movement Arts since 1995.

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 **Shen Qigong** *8 - 9 am*	2 **T'ai Chi** *9 - 10 am*	3 **Feldenkrais** *10:30 - 11:30 am*	4 **Wholistic Nutrition Program Starts**
5	6 **T'ai Chi** *5:30 -6:30 pm* **Meditation** *6:45-7:30 pm*	7	8 **Shen Qigong** *8 - 9 am* **Amma Info Session** **5:30 - 7 pm**	9 **T'ai Chi** *9 - 10 am*	10 **Feldenkrais** *10:30 - 11:30 am*	11
12	13 **T'ai Chi** *5:30- 6:30 pm* **Meditation** *6:45-7:30 pm*	14	15 **Shen Qigong** *8 - 9 am* **Meditation** *5:45-6:30 pm*	16 **T'ai Chi** *9 - 10 am*	17 **Feldenkrais** *10:30 - 11:30 am*	18
19	20 **T'ai Chi** *5:30 -6:30 pm* **Meditation** *6:45-7:30 pm*	21	22 **Shen Qigong** *8 - 9 am* **Meditation** *5:45-6:30 pm*	23	24	25
26	27 **T'ai Chi** *5:30-6:30 pm*	28	29	30 **T'ai Chi** *9 - 10 am*	31 **Feldenkrais** *10:30 - 11:30 am*	1

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 **T'ai Chi** *5:30 -6:30 pm* **Meditation** *6:45-7:30 pm*	4	5	6 **T'ai Chi** *9 - 10 am*	7 **Feldenkrais** *10:30 - 11:30 am*	8 **Caring for Cancer** **9 am - 5 pm**
9 **Caring for Cancer** **9 am - 5 pm**	10 **T'ai Chi** *5:30 -6:30 pm* **Meditation** *6:45-7:30 pm*	11 **Amma Program Starts** **Qigong** *1 - 2 pm*	12 **Shen Qigong** *8 - 9 am* **Meditation** *5:45-6:30 pm*	13 **T'ai Chi** *9 - 10 am*	14 **Feldenkrais** *10:30 - 11:30 am*	15
16	17 **T'ai Chi** *5:30 -6:30 pm* **Meditation** *6:45-7:30 pm*	18 **Qigong** *1 - 2 pm*	19 **Shen Qigong** *8 - 9 am* **Meditation** *5:45-6:30 pm*	20 **T'ai Chi** *9 - 10 am*	21 **Feldenkrais** *10:30 - 11:30 am*	22 **Food in the Treatment of Dishar-mony** **9 am - 5:30 pm**
23 **Food in the Treatment of Dishar-mony** **9 am - 5:30 pm**	24 **T'ai Chi** *5:30 -6:30 pm* **Meditation** *6:45-7:30 pm*	25 **Qigong** *1 - 2 pm*	26 **Shen Qigong** *8 - 9 am* **Meditation** *5:45-6:30 pm*	27 **T'ai Chi** *9 - 10 am*	28 **Feldenkrais** *10:30 - 11:30 am*	29
30						

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