

MAY & JUNE AT THE WELLSPRING SCHOOL

Women's Health Series

With Rylen Feeney. May 2, 24 & 30 and June 20. \$45; Eligible for 2.5 CEUs per class.



Take the classes in this series for your personal empowerment or to layer into your practice! We'll start with 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 how to navigate peri/menopause.

Stress, Fatigue, and Adrenal Hormones

With Miles Nichols. June 4, 9 am - 5 pm. \$175, Eligible for 7 CEUs.



You already know stress is unhealthy. But how do you address this when you are just so busy? Miles Nichols has some profound and practical tools to share, grounded in functional medicine. From lab tests and supplements to motivation and mindfulness, you'll leave this class ready to become more resilient and help others move toward balance, too.



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.

AMMA THERAPY PROGRAM

Enrollment for our professional Amma Therapy Program starting in the fall is now open!

WOMEN'S HEALTH SERIES

With Rylen Feeney. 2.5 CEUs per class.

Classes can be taken individually. We recommend you start with the one on May 2 though!

May 2: Healthy Menstruation

May 24: Irregular, Painful Cycles & PMS

May 30: Fibroids, Endometriosis & PCOS

June 20: Navigating Peri/Menopause

MOVEMENT & MINDFULNESS

T'ai Chi - with Michael Guida

Mondays, 5:30 - 6:30 pm; Thursdays, 9 - 10 am

Peace Meditations - with Iris Moon

Mondays, 6:45 - 7:30 pm

Feldenkrais - with Susan Marshall

Fridays, 10:30 - 11:30 am

Quieting the Mind - with Rylen Feeney

Wednesdays, 5:45 - 6:30 pm; through May 10

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



May 2017

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 T'ai Chi 5:30-6:30 pm	2 Women's Health 6-8 pm	3 Qigong 8-9 am Meditation 5:45-6:30 pm	4 T'ai Chi 9-10 am	5 Feldenkrais 10:30-11:30 am	6					1 T'ai Chi 9-10 am	2 Feldenkrais 10:30-11:30 am	3
7	7 T'ai Chi 5:30-6:30 pm	9 Lunch & Learn Webinar 12-1 pm	10 Qigong 8-9 am Meditation 5:45-6:30 pm	11 T'ai Chi 9-10 am	12	13 Western Nutrition I 9 am - 5:30 pm	4 Adrenal Hormones 9 am - 5 pm	5 T'ai Chi 5:30-6:30 pm	6	7 T'ai Chi 8-9:15 am	8 T'ai Chi 9-10 am	9 Feldenkrais 10:30-11:30 am	10 Western Nutrition II 9 am - 5:30 pm
14 Western Nutrition I 9 am - 5:30 pm	15 T'ai Chi 5:30-6:30 pm	16	17	18 T'ai Chi 9-10 am	19	20 Dietary History 9 am - 5:30 pm	11 Western Nutrition II 9 am - 5:30 pm	12 T'ai Chi 5:30-6:30 pm	13	14 T'ai Chi 8-9:15 am	15 T'ai Chi 9-10 am	16 Feldenkrais 10:30-11:30 am	17
21 Eat to Live Phases IA 9 am - 5:30 pm	22 T'ai Chi 5:30-6:30 pm	23	24 Amma Info Session 5:30-7 pm Women's Health 5:30-8 pm	25 T'ai Chi 9-10 am	26	27	18	19 T'ai Chi 5:30-6:30 pm	20 Women's Health 6-8:30 pm	21 T'ai Chi 8-9:15 am	22 T'ai Chi 9-10 am An Evening of Amma 5:30-7 pm	23 Feldenkrais 10:30-11:30 am	24 Nutrition for Western Conditions IA 9 am - 5:30 pm
28	29 Closed for Memorial Day	30 Women's Health 6-8:30 pm	31 T'ai Chi 8-9:15 am				25 Eat to Live Phases IB 9 am - 5:30 pm	26 T'ai Chi 5:30-6:30 pm	27	28 T'ai Chi 8-9:15 am	29 T'ai Chi 9-10 am	30 Feldenkrais 10:30-11:30 am	



THE WELLSRING SCHOOL
for healing arts