

*Experience the Healing Arts of Lifepath!*

*Saturday, March 20, 2010*

*9am - 5pm*

*All day long, enjoy a day of Yoga, Tai Chi, Bodywork, Meditation  
and more!*

*And it's absolutely FREE!*

**Class Schedule**

TIME	CLASS	INSTRUCTOR/FACILITATOR
9:30 – 10:45 am	Hatha Yoga - Beginner	Lori Brucato
11:00– 12:30 pm	Power Yoga - Intermediate	Lori Brucato
1:00 – 2:15 pm	Yoga for Healthy Life - Beginner Yoga & Nutrition	Karen Landrum
2:30 – 3:30 pm	Tai Chi	Steven Franzreb
3:30 – 4:00 pm	Drumming	Kirby Masden
4:00 – 5:00 pm	Danskinetics	Wanda Sucher

*Above classes will be held upstairs in the yoga/workshop room.*

**Bodywork Schedule**

TIME	BODYWORK	ROOM	THERAPIST
9:00 – 12:00 pm	Thai Yoga Massage	#1	Karen Landrum, LMT
10:30 – 12:00 pm	Therapeutic Massage	#3	Melissa Harris, LMT
11:30 – 1:30 pm	Rolfing®	#2	Wanda Sucher, LMT, Rolfer®
12:00 – 2:00 pm	Rolfing®	#3	Kirby Masden, LMT, Rolfer®
1:30 – 3:30 pm	Reiki	#2	Lori Brucato, RYT

**Meditation**

TIME	DESCRIPTION	ROOM	INSTRUCTOR
10:30 - 11:30 am	Chakra Meditation	#4	Leigh Beloukid
12:00 – 1:00 pm	Relaxation Meditation	#4	Leigh Beloukid

*See website for complete description of all services and classes.*

[www.lifepath-2001.com](http://www.lifepath-2001.com)

*If you have questions or need more information, call the Lifepath office at 859-426-5307.*