

FREE INTRODUCTORY PROGRAMS

SUNDAY, SEPTEMBER 18

Prana Yoga Teacher Training-
Jeff Migdow & Robyn Ross, 6pm

MONDAY, SEPTEMBER 19

Green Medicine-Peeka Trenkle, 7:45pm

TUESDAY, SEPTEMBER 20

Three Seminars on Integrative Medicine-
Roberta Lee, 6pm

MONDAY, SEPTEMBER 26

Shiatsu-Marianne Fuenmayor, 7:45pm

THURSDAY, OCTOBER 27

Painting: A Creative Path-
Donna Maria Decreeft, 8pm

MONDAY, NOVEMBER 7

From Memory to Story: Writing Your Life-
Richard Goodman, 8pm