



November 2009

InnerWorks

Holistic Health Center

3425 W. Central
Wichita, Kansas 67203

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 <i>11a-12p</i> New Thought Community Church</p>	<p>2 <i>9:30-10:30a</i> Flow Yoga</p> <p><i>6:45-7:45p</i> Level I/II Yoga</p>	<p>3</p> <p><i>6:45-7:45p</i> Yoga for Athletes</p>	<p>4 <i>9:30-10:30a</i> Hot Flow Yoga</p> <p><i>5:30-6:30p</i> Yoga Basics</p>	<p>5</p> <p><i>6:45-7:45p</i> Hot Flow Yoga</p>	<p>6</p>	<p>7 <i>9a-4p</i> <i>SEVA Training</i></p> <p><i>9:30-10:30a</i> Yoga Basics</p>
<p>8 <i>11a-12p</i> New Thought Community Church</p> <p><i>12-1p</i> Yoga Basics</p>	<p>9 <i>9:30-10:30a</i> Flow Yoga</p> <p><i>6-7:30p Intro to APOE Gene Diet</i></p> <p><i>6:45-7:45p</i> Level I/II Yoga</p> <p><i>7:30-9p</i> NVC Group</p>	<p>10</p> <p><i>6:30p Oneness Blessing</i></p> <p><i>6:45-7:45p</i> Yoga for Athletes</p>	<p>11 <i>9:30-10:30a</i> Hot Flow Yoga</p> <p><i>5:30-6:30p</i> Yoga Basics</p>	<p>12</p> <p><i>6:45-7:45p</i> Hot Flow Yoga</p>	<p>13</p>	<p>14</p> <p><i>9:30-10:30a</i> Yoga Basics</p>
<p>15 <i>11a-12p</i> New Thought Community Church</p> <p><i>12-1p</i> Yoga Basics</p>	<p>16 <i>9:30-10:30a</i> Flow Yoga</p> <p><i>6:45-7:45p</i> Level I/II Yoga</p>	<p>17</p> <p><i>6:45-7:45p</i> Yoga for Athletes</p>	<p>18 <i>9:30-10:30a</i> Hot Flow Yoga</p> <p><i>5:30-6:30p</i> Yoga Basics</p>	<p>19</p> <p><i>6:45-7:45p</i> Hot Flow Yoga</p>	<p>20</p>	<p>21</p> <p><i>9:30-10:30a</i> Yoga Basics</p>
<p>22 <i>11a-12p</i> New Thought Community Church</p> <p><i>12-1p</i> Yoga Basics</p>	<p>23</p> <p><i>6:45-7:45p</i> Level I/II Yoga</p> <p><i>7-8:30p</i> NVC Group</p>	<p>24</p> <p><i>6:30p Oneness Blessing</i></p>	<p>25</p>	<p>26</p> 	<p>27</p>	<p>28</p> <p><i>9:30-10:30a</i> Yoga Basics</p>
<p>29 <i>11a-12p</i> New Thought Community Church</p>	<p>30 <i>9:30-10:30a</i> Flow Yoga</p> <p><i>6:45-7:45p</i> Level I/II Yoga</p>					<p>November 9, 6-7:30PM Free APOE Gene Diet Talk With Barbara Denison, MSN, ARNP, AHN-BC . A Break-through in changing cholesterol weight, heart & Alzheimer disease using the body's own genes. Also presented: information on advanced lipid profile testing. Call 946-0990 for info.</p>