



February 2018 - Lokamotion Complementary Health Studio - 151 Main Street - Fredericton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 5:30-6:30 Toonie Friday No Class	3 11 – 12:30 Feldenkrais – The Inner Game of Sitting - Carolyn	4
5 12:30-1:45 Gentle Hatha Yoga - Nancy	6	7 10 – 11:30 Feldenkrais – The Inner Game of Sitting - Carolyn	8 6:30-7:30 Belly Dance – Verna	9 5:30-6:30 Toonie Friday Belly Dance – Verna	10 11 – 12:30 Feldenkrais – The Inner Game of Sitting - Carolyn	11
12 12:30-1:45 Gentle Hatha Yoga - Nancy	13 	14 10 – 11:30 Feldenkrais – The Inner Game of Sitting - Carolyn	15 6:30-7:30 Belly Dance – Verna	16 5:30-6:30 Toonie Friday To be announced	17 11 – 12:30 Feldenkrais – The Inner Game of Sitting - Carolyn	18
19	20	21 10 – 11:30 Feldenkrais – The Inner Game of Sitting - Carolyn	22 6:30-7:30 Belly Dance – Verna	23 5:30-6:30 Toonie Friday Feldenkrais - Carolyn	24 11 – 12:30 Feldenkrais – The Inner Game of Sitting - Carolyn	25
26 12:30-1:45 Gentle Hatha Yoga - Nancy	27	28 10 – 11:30 Feldenkrais – The Inner Game of Sitting - Carolyn				

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Belly Dance Exercise	Verna McKeen Reduce pain and stress	506-471-4917	shimmyshack.bellydance@gmail.com shimmyshack-bellydance.weebly.com on FB at Shimmy Shack-Belly Dance
Feldenkrais® Method And Physiotherapy	Carolyn Townsend Awareness Through Movement: Learn to move with comfort and ease	506-461-6898	www.lokamotion.ca ctown@nbnet.nb.ca
Hatha-Restorative Yoga	Nancy Anderson Gentle yoga, relaxation and meditation		lavalee@nbnet.nb.ca
Reiki, Sacred Moon Healing Circles & Intuitive Readings	Pascale Desrosier-Hickey Learn self-healing, reduce stress with Reiki, Sacred Moon Healing Circles feature Sound and Movement Healing Practice's, Intuitive Readings and more.	506-999-3810	www.reikireadingsrebirth.com pascale.dh@gmail.com
Wing Chun Kung Fu And Tai Chi	Robin And MaryLee Steeves Tai Chi: 24-form Yang and 42-form Competitive; Chi Kung: various styles; Meditation Develop whole mind-body wellness, energy, health, core strength, self defense and inner peace	506-471-3171	easternww@gmail.com www.EasternWellnessWorks.com

Please contact individual practitioners for fees, payment options and other information. Find us on Facebook at Lokamotion Complementary Health Studio and at www.lokamotion.ca

Lokamotion is maintained for people with environmental sensitivities; heavily scented products are harmful to many who frequent the studio and treatment room. Your cooperation is appreciated.