

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2	3	4 10 – 11:30 The Joy of Walking - Carolyn	5 6:30-7:30 Belly Dance – Verna	6 5:30-6:30 Toonie Friday – Belly Dance Verna McKeen	7 11 – 12:30 The Joy of Walking - Carolyn	8
9 6:30-7:30 Nia - Sally Wells	10	11 10 – 11:30 The Joy of Walking – Carolyn 6-7:15 Stress Buster - Nancy	12 6:30-7:30 Belly Dance – Verna	13 5:30-6:30 Toonie Friday - Feldenkrais Carolyn Townsend	14 11 – 12:30 The Joy of Walking - Carolyn	15
16 12:30-1:45 Gentle Hatha Yoga - Nancy	17	18 10 – 11:30 The Joy of Walking – Carolyn 6-7:15 Stress Buster - Nancy	19 6:30-7:30 Belly Dance – Verna	20 5:30-6:30 Toonie Friday – Nia Dance Sally Wells	21 11 – 12:30 The Joy of Walking - Carolyn	
23 12:30-1:45 Gentle Hatha Yoga - Nancy	24	25 6-7:15 Stress Buster - Nancy	26	27 5:30-6:30 Toonie Friday - Feldenkrais Carolyn Townsend	28	29
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Belly Dance Exercise	Verna McKeen Reduce pain and stress	506-471-4917 shimmyshack-bellydance.weebly.com on FB at Shimmy Shack-Belly Dance	shimmyshack.bellydance@gmail.com
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	
Nia Dance	Sally Wells A Sensory-based movement practice that draws from martial arts, dance arts & healing arts. It empowers people by connecting the body, mind, emotions & spirit. Classes are taken barefoot to soul-stirring music.	sallywells@bellaliant.net	
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

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.