


January 2019 - Lokamotion Complementary Health Studio - 151 Main Street - Fredericton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		2	3	4 5:30-6:30 Toonie Friday – Verna McKeen	5	6
7 6:15-7:15 Nia - Sally Wells	8	9	10 6:30-7:30 Belly Dance - Verna	11 5:30-6:30 Toonie Friday – Carolyn Townsend	12	13
14 2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy 6:15-7:15 Nia - Sally Wells	15	16 10–11:30 Lower Extremities, Focusing on the Knees & Ankles- Carolyn	17 6:30-7:30 Belly Dance - Verna	18 5:30-6:30 Toonie Friday – No Class	19 11 – 12:30 Lower Extremities, Focusing on the Knees & Ankles- Carolyn	20
21 2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy 6:15-7:15 Nia - Sally Wells	22	23 10–11:30 Lower Extremities, Focusing on the Knees & Ankles- Carolyn	24 6:30-7:30 Belly Dance - Verna	25 5:30-6:30 Toonie Friday – Carolyn Townsend	26 11 – 12:30 Lower Extremities, Focusing on the Knees & Ankles- Carolyn	27
28 2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy 6:15-7:15 Nia - Sally Wells	29	30 10–11:30 Lower Extremities, Focusing on the Knees & Ankles- Carolyn	31			

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Belly Dance Exercise	Verna McKeen 506-471-4917 shimmyshack.bellydance@gmail.com Reduce pain and stress shimmyshack-bellydance.weebly.com on FB at Shimmy Shack-Belly Dance
Feldenkrais® Method And Physiotherapy	Carolyn Townsend 506-461-6898 www.lokamotion.ca ctown@nbnet.nb.ca Awareness through Movement: Learn to move with comfort and ease
Hatha-Restorative Yoga	Nancy Anderson lavalee@nbnet.nb.ca Gentle yoga, relaxation and meditation
Nia Dance	Sally Wells sallywells@bellaliant.net 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.
Reiki, Sacred Moon Healing Circles & Readings	Pascale Desrosier-Hickey 506-999-3810 www.reikireadingsrebirth.compascale.dh@gmail.com Learn self-healing, reduce stress with Reiki, Sacred Moon Healing Circles feature Sound and Intuitive Movement Healing Practice's, Intuitive Readings and more.

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.