

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 5:30-6:30 Toonie Friday – No Class	2	3
4	5	6	7	8	9	10
			6:30-7:30 Belly Dance - Verna	5:30-6:30 Toonie Friday – Carolyn Townsend		
11	12	13	14	15	16	17
2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy		6:30-7:30 Yoga Nidra, iRest Meditation (Make up class)	6:30-7:30 Belly Dance - Verna	5:30-6:30 Toonie Friday – No Class 7:00 – 9:00 Mini Intensive Feldenkrais Workshop	10:00-1:00 Mini Intensive Feldenkrais Workshop	
18	19	20	21	22	23	24
2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy			6:30-7:30 Belly Dance - Verna	5:30-6:30 Toonie Friday – Carolyn Townsend		
25	26	27	28	29	30	31
2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy			6:30-7:30 Belly Dance – Verna	5:30-6:30 Toonie Friday – No Class		

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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
Gentle Hatha 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.