

April 2019 – Lokamotion Complementary Health Studio – 151 Main Street – Fredericton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy	2 6:30-7:30 Belly Dance - Verna	3 	4 6:30-7:30 Belly Dance - Verna	5 5:30-6:30 Toonie Friday – Verna McKeen	6 	7
8 	9 6:30-7:30 Belly Dance - Verna	10 Dance My Story Online Class 7pm – Lindsey Laidlaw	11 6:30-7:30 Belly Dance - Verna	12 5:30-6:30 Toonie Friday – Carolyn Townsend	13 1-3 Dancing My Story Workshop – Lindsey Laidlaw For more information please email Lindsey at cntr.work@gmail.com or https://centrework.me/special-workshops/	14
15 	16 6:30-7:30 Belly Dance - Verna	17 10–11:30 The Shoulder & Hip Connection - Carolyn	18 6:30-7:30 Belly Dance - Verna		20 11 – 12:30 The Shoulder & Hip Connection - Carolyn	21
22 		24 10–11:30 The Shoulder & Hip Connection - Carolyn	25 6:30-7:30 Belly Dance - Verna	26 5:30-6:30 Toonie Friday – Carolyn Townsend	27 	28
29 2:30-3:45 Gentle Hatha Yoga – Nancy 4:30-5:45 Gentle Hatha Yoga – Nancy	30 6:30-7:30 Belly Dance - Verna					

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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.