

WellStar Center of Integrative Medicine and Health

YOGA & TAI CHI 2019 SCHEDULE

YOGA

Wednesdays (5-6 p.m.) &
Fridays (Noon-1 p.m.)

Winter Session I

12 Classes – Jan. 9-Feb. 15

Winter Session II

12 Classes – Feb. 20-March 29

Spring Session I

12 Classes – April 3-May 10

Spring Session II

10 Classes – May 15-June 21
No class May 29 & 31

Summer Session I

10 Classes – June 26-Aug. 2
No class July 3 & 5

Summer Session II

10 Classes – Aug. 7-Sept. 13
No class Sept. 4 & 6

Fall Session I

12 Classes – Sept. 18-Oct. 25

Fall Session II

10 Classes – Oct. 30-Dec. 6
No class Nov. 27 and 29

With Health Place Exercise Instructors

Join our Health Place exercise instructors for gentle yoga (no standing poses) and the mind-body practice of Tai-Chi.

TAI CHI

Tuesdays (Noon-1 p.m.) &
Thursdays (5-6 p.m.)

Winter Session I

12 Classes – Jan. 8-Feb. 14

Winter Session II

12 Classes – Feb. 19-March 28

Spring Session I

12 Classes – April 2-May 9

Spring Session II

10 Classes – May 14-June 20
No class May 28 & 30

Summer Session I

10 Classes – June 25-Aug. 1
No class July 2 & 4

Summer Session II

10 Classes – Aug. 6-Sept. 12
No class Sept. 3 & 5

Fall Session I

12 Classes – Sept. 17-Oct. 24

Fall Session II

10 Classes – Oct. 29-Dec. 5
No class Nov. 26 and 28



12-Class Sessions: \$90

10-Class Sessions: \$75

**WellStar Team Member
Price: \$72**

WellStar Center of Integrative Medicine and Health
3805 Cherokee St. NW | Kennesaw, GA 30144



To register or for more information, call **770-956-STAR (7827)**
or visit wellstarhealthplace.org