Fall 2017 Schedule

Monday 9/11 Rm. 25	5:30-6:45pm 6:45-7:15pm 7:15-8:00pm	Introductions Intention Setting and Meditation Qi Gong
Saturday 9/16	9:00AM – noon	Cooking Class Finley Center Kitchen (building in front)
Monday 9/18	5:30-6:00pm 6:00-7:00pm 7:00-8:00pm	Check-in African Dance Qi Gong
Monday 9/25 Rm. 25	5:30-6:00pm 6:00-8:00pm	Check-in Self-Compassion Practice and Creative Project
Monday 10/2 Rm. 25	5:30-6:00pm 6:00-7:00pm 7:15-8:00pm	Check-in Mindful Movement/Tools for Navigating Stress Core/Balance
Monday 10/9 Rm. 25	5:30-6:00pm 6:00-7:00pm 7:00-8:00pm	Check-in African Dance Qi Gong
Monday 10/16 Rm. 25	5:30-6:00pm 6:00-7:00pm 7:15-8:00pm	Check-in Mindful Movement/ Riding the Waves of Pain & Emotion Core/Balance
Saturday 10/28 Rm 25	10:00am-1:00pm	Creative Play and Closing Circle