



Summer, **FREE WEEK** June 28<sup>th</sup> - July 4<sup>th</sup> (AM Yoga Classes only on July 4th)

Free for all. Returning Students and Clients of AW please bring a friend

Registration Required. First come, First serve.

**11 week Summer Yoga Session Monday, July 5<sup>th</sup> - Sunday, September 19<sup>th</sup>**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	9:00 – 10:30 <b>Flow Yoga</b> Anjana	9:30 – 11:00 <b>Multi Level</b> Melissa	9:30 – 11:00 <b>Yoga 101</b> Melissa	9:30 – 11:00 <b>Multi Level</b> Cindy	9:30 – 11:00 <b>Multi Level</b> Eric	9:30 – 11:00 <b>Multi Level</b> Jen	9:00 – 10:30 <b>Multi Level</b> Misti
<b>Mid-Day</b>	10:45-12:15 <b>Prenatal Yoga</b> Angela		11:15 – 12:45 <b>Multi Level</b> Melissa			12:00 – 1:00 <b>Lunchtime Yoga</b> Melissa	10:45 – 12:15 <b>Yoga 101</b> Olga
<b>Early Evening</b>			4:30 – 5:15 <b>Kids Yoga</b> Ages 4-7 5:30 – 6:15 <b>Family Yoga</b> Linda				
<b>Evening</b>		6:30 – 8:00 <b>Yoga 101</b> Cindy	6:30 – 8:00 <b>Multi Level</b> Jen	7:00 – 8:30 <b>Multi Level</b> Olga	6:30-8:00 <b>Multi Level</b> Barbara		

### Workshops and Services

**Saturday June 26<sup>th</sup>**

2-2:45pm **Early Special Workshop:** The Benefits of Facial Rejuvenation Acupuncture Stephanie

**Monday, June 28th**

8am-9pm Acupuncture Consults Jen

**Tuesday, June 29th**

10am-8pm Acupuncture Consults Stephanie

**Wednesday, June 30th**

2pm-7pm Acupuncture Consults Jen

5pm-5:45 Group Acupuncture Jen

**Thursday, July 1st**

8am-9pm Acupuncture Consults Jen/Brenda

5:30-6:15 Reiki for Women's Health Joanna

**Saturday, July 3rd**

9am-4pm Acupuncture Consults Jen/Stephanie

1pm-1:45 Group Acupuncture Brenda

2pm-2:45 Acupuncture & Herbs for Women's Health Jen

3-3:45 Kinesiology Taping for Aches and Pains Nic

**Sunday, July 4th**

*Am Yoga Classes only*

**Free Week Specials\*:**

**\$ 20 off a 60-minute massage during Free Week**

**\$50 off your initial acupuncture session during Free Week**

**10% off the 11 week summer yoga session when you register during Free Week**

**Year Round Discounts\*:**

**10% off any service or a full yoga session for seniors 60+ and Active Military Personnel and their Spouses**

\*Offers not valid with any other discounts\*

[www.AwakenWellnessColumbia.com](http://www.AwakenWellnessColumbia.com)

Offering: Acupuncture, Chinese Herbal Medicine, Therapeutic Massage, and Yoga Classes

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