

To purchase “class card” call 203-863-3630  
 “Drop-in” fee available  
 Summer Schedule: Begins; July 6, 2010  
 No classes: August 30 – September 6, 2010

Greenwich Hospital  
 Center for Integrative Medicine  
 Lotus Yoga/Meditation Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Pilates</b> Chikeola Karimou  <b>9:00 a.m. -10:00 a.m.</b>		<b>Yoga Sensations</b> Roberta Brown Brugo  <b>9:30 a.m. – 11:00 a.m.</b>
<b>Tai Chi</b> Intermediate Ken Dolan <b>11:30 a.m. -12:30 p.m.</b>	<b>Gentle Yoga</b> Anne Harris  <b>10:15 a.m. – 11:45 a.m.</b>	<b>Restorative Yoga</b> Anne Harris  <b>10:15 a.m. – 11:45 a.m.</b>		
<b>Tai Chi</b> Beginners Ken Dolan <b>12:45 p.m. - 1:45 p.m.</b>		<b>New Mom’s Group</b> Sharon Lemberger  <b>1:00 p.m. - 2:00 p.m.</b>		
			<b>Kundalini Yoga</b> Raema Salmon  <b>6:00 p.m. – 7:30 p.m.</b>	

*Note: We follow the Greenwich Public School cancellation policy for inclement weather. Listen to WGCH 1490 radio or Channel 12. Classes are ongoing; except for major holidays and some holiday weeks.*

**\*Requires pre-registration**

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