

What is Yoga Therapy?

Presented by Meghan Walsh, Yoga Therapist

Thursday, June 4th

12-1pm

Complimentary

Debunking Stress

Presented by Dr. Shannon Vander Doelen

Thursday, June 11th

6:30-7:30 pm

Complimentary

Men and Women: Relating To and Learning From Each Other

Presented by Dr. Mehran Tabrizi and Corinne K.

Thursday, June 18th

6:30-7:30pm

Complimentary

What is Fascia and Why Do I Need Mine Released?

Presented by Shannon Stoby

Thursday, June 25th, 2015

6:30pm-7:30pm

Complimentary

