



\* West Centre: 1673 Carling Ave, Suite 215-C, Ottawa, ON K2A 1C4 ☎ 613-727-YOGA(9642)

## December, 2019

bodyandbrainhealing.com

bnbh.west@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Classes	2 10 am DY 6 pm DY	3 10 am TC 7 pm TC	4 10 am BY 6 pm BY	5 10 am QG 7 pm SQG	6 10 am DHM 6 pm DHM	7 10 am TC
8 No Classes	9 10 am DY 6 pm DY	10 10 am TC 7 pm TC	11 10 am BY 6 pm BY	12 10 am QG 7 pm SQG	13 10 am DHM 6 pm DHM	14 10 am TC
15 No Classes	16 10 am DY 6 pm DY	17 10 am TC 7 pm TC	18 10 am BY 6 pm BY	19 10 am QG 7 pm SQG	20 10 am DHM 6 pm DHM	21 10 am TC
22 No Classes	23	24	25	26	27	28
<b>* Centre Close: Dec 23 to Dec 28 inclusive</b>						
29 No Classes	30 10 am DY 6 pm DY	31 10 am TC 7 pm TC				
<b>Notes</b> DY: Detox Yoga / TC: Tai Chi / BY: Bo Staff Yoga / QG: Qi Gong / SQG: Sword Qi Gong DHM: Do Ri (Tao Rhythm) Healing Meditation (tentative schedule for classes & instructors; subject to change)						

### Introductory Mini Workshops

- QHJ** (Qi Healing for Joints & Bones Health) \$60 + 13% HST => TBD
- FOH** (Five Organs Harmonizing Healing) \$60 + 13% HST => TBD
- KCM** (Ki-energy Circulation Meditation) \$60 + 13% HST => TBD
- QPT** (Qi-Position Therapy) \$100 + 13% HST => TBD

### Twelve Meridian Healing Training (12 MT)

Twelve Meridian Exercises and Symptomatic Healing Hands Methods for healing your family and friends.

When: TBD  
Fee: \$450+13%

### Awakening Courses

#### AM (Awakening Mastership)

Awakening our body sensitivity for Mastership

When: TBD  
Location: West Centre  
Fee: \$180 + 13% HST

#### ATN (Awakening True Nature)

Break down your preconceptions to find your True Nature

When: TBD  
Location: East Centre  
Fee: \$280 + 13% HST

#### ATL (Awakening True Life)

Questioning & Answering deep within to find the true life

When(3 days): TBD  
Location: West Centre  
(or Retreat Centre)



### TTT (The Tao Tree) : Chun-Bu-Kyung Healing Meditation

\*When: TBD @ West Centre

\*Join us : [www.meetup.com/The-Tao-Tree/](http://www.meetup.com/The-Tao-Tree/)

