



MIND BODY STUDIO

August 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



John A. Patterson MD, MSPH, FAAFP
 Integrative Medicine Consultations
 Stress Management for Chronic Disease
 Burnout Prevention/Helping Professionals
 Mindful Tango/Mindful Waltz/Mindful Yoga
john@mindbodystudio.org
 859-373-0033

				1 9:30-10:45 AM Gentle Iyengar Yoga (Kim)	2 7:30-9:00 PM Argentine Tango John and Nataliya	3
4	5	6 7:00-9:00 PM Scottish dancing Vicky and Joyce	7 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	8 6:00 - 8:30 PM Mindfulness-Based Stress Reduction Session #1 John	9 7:30-9:00 PM Argentine Tango John and Nataliya	10
11	12	13	14 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	15 6:00 - 8:30 PM Mindfulness-Based Stress Reduction Session #2 John	16 7:30-9:00 PM Argentine Tango John and Nataliya	17 8:00-11:00 PM Argentine Tango Dance Party with Live Music by Tango D'Ville hosted by John, Nataliya and Vladimir
18	19	20 7:00-9:00 PM Scottish dancing Vicky and Joyce	21 6:30 - 8:00 PM Mindfulness and Relaxation for Health John	22 6:00 - 8:30 PM Mindfulness-Based Stress Reduction Session #3 John	23 7:30-9:00 PM Argentine Tango John and Nataliya	24
25	26	27	28 Mindfulness Class cancelled while John teaches in California	29 Mindfulness-Based Stress Reduction cancelled while John teaches in California	30 7:30-9:00 PM Argentine Tango John and Nataliya	31

Argentine Tango
 Nataliya Timoshevskaya
timnatevg@gmail.com
 John Patterson MD

Scottish Dance
 Vicky Goodloe
 (859) 396-1468