Mind Body Studio

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	**2** 5:30 - 6:45 PM **Beginner Iyengar yoga** (Kim)	3 6:30 - 8:00 PM **Mindfulness and Relaxation for Health** John	4 9:30-10:45 AM **Gentle Iyengar Yoga (Kim)**	5 7:30-9:00 PM **Argentine Tango** John and Nataliya	6
7	8	9 5:30 - 6:45 PM **Beginner Iyengar yoga** (Kim)	10 6:30 - 8:00 PM **Mindfulness and Relaxation for Health** John	11 9:30-10:45 AM **Gentle Iyengar Yoga (Kim)**	12 7:30-9:00 PM **Argentine Tango** John and Nataliya	13 9AM-4PM **Mindfulness Based Stress Reduction** All Day class John
14	15	16 5:30 - 6:45 PM **Beginner Iyengar yoga** (Kim) 7:00-9:00 PM **Scottish dancing** Vicky and Joyce	17 Mindfulness and Relaxation will not meet- John is on retreat	18 9:30-10:45 AM **Gentle Iyengar Yoga (Kim)**	19 7:30-9:00 PM **Argentine Tango** John and Nataliya	20
21	22	23 5:30 - 6:45 PM **Beginner Iyengar yoga** (Kim)	24 Mindfulness and Relaxation will not meet- John is on retreat	25 9:30-10:45 AM **Gentle Iyengar Yoga (Kim)**	26 7:30-9:00 PM **Argentine Tango** John and Nataliya	27 **8:00-10:30 PM** Argentine Tango Practice Party John, Nataliya and Vladimir
28	29	30 5:30 - 6:45 PM **Beginner Iyengar yoga** (Kim)	31 6:30 - 8:00 PM **Mindfulness and Relaxation for Health** John		**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**	

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

Iyengar Yoga
Kim Blitch
859-230-2510
kbblitch@yahoo.com

Scottish Dance
Vicky Goodloe
(859) 396-1468