



FUN EVENTS FOR SELF IMPROVEMENT

Tri Main Center
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FEBRUARY EVENTS

EVENT	DATE/TIME	DESCRIPTION
<p>DANCE MEDITATION ON THE WILD SIDE</p> <p>with Christina Polino & Chris Lunsford</p>	<p>First FRIDAYS February 3rd 7:00-8:30pm</p>	<p>Feel the world rhythms calling you to surrender to your soul. Dance your Medicine Dance. Dance your Blue Dance. Dance your Animal Dance. Dance your Dragon Dance and come fully into your spirit power. Enjoy moving and dancing with a community of beautiful people. Quiet moments and Wisdom sharing circle close the evening.</p> <p>No previous experience needed. <\$12 for adults / \$5 for teens 12 & up></p>
<p>PRENATAL YOGA 6 WEEK COURSE</p> <p>Saturdays with Lizzi Dee Heifferon Sundays with Jacky Carruba</p>	<p>SATURDAYS Starts February 4th 1:30-2:30pm SUNDAYS Starts February 5th 11:30-12:30pm</p>	<p>The purpose of prenatal yoga is to promote health and wellbeing during pregnancy in every aspect of your being, to move through the birthing process as gently, calmly and confidently as possible, and ultimately to embrace being a mother with the same awareness and positivity. In this 8-week course, alleviate pregnancy-related discomforts, learn breathing techniques, prepare for birth, share in the experience of other pregnant women, and improve the flexibility and tone of your body as you progress through pregnancy to help you recover more easily after giving birth.</p> <p>Space is limited! Registration required. <\$100 for 8 sessions></p>
<p>MOVE WITH ME AN OPPORTUNITY FOR FAMILIES TO MOVE TOGETHER</p> <p>with Christina Polino and Chris Lunsford</p>	<p>SUNDAY February 12th 3:00pm</p>	<p>Come and join us for an afternoon of movement and merriment! This class is open to ALL families and family members ages 0 to 105! The class will offer new ways to connect with each other and to explore and deepen family relationships. We will dance the afternoon away, co-create new realities, and build a community of support! This class will be offered monthly through April and will continue based on interest. Family packages available upon request for larger families.</p> <p>No experience necessary. <\$10 for adults / \$5 for children></p>

BUFFALO YOGA – A PLACE TO EMBRACE ALL THAT WE ARE!

Updated 1/29/12