

PHA Events Calendar: October - November 2020

Classes, Group Coaching, Events

Classes

Nutrition

Classes	Dates
Foundations of Nutritional Healing (Integrative Nutrition Series Pt. 1) VIRTUAL	Thursday, Oct. 22 nd , 6:00-7:30pm Thursday, Nov. 12 th , 6:00-7:30pm
Strategic Eating & Meal Planning (Integrative Nutrition Series Pt. 2) VIRTUAL	Thursday, Oct. 29 th , 6:00-7:30pm Thursday, Nov. 19 th , 6:00-7:30pm
Advanced Nutritional Healing: Whole Body Healing Through Healing the Gut	TBD
Three-Week Cleanse & Detox	TBD

Yoga

(CANCELLED INDEFINITELY DUE TO COVID-19)

Classes	Dates
Holistic Hatha: All-Levels Yoga	Mondays, 11am-12pm
Restorative Yoga	Mondays, 10am-11am Tuesdays, 6-7pm (April-June)
Yoga Therapy for Stress Reduction: 6-Week Series	TBD
Yoga Therapy for Pelvic Pain: 6-Week Series	TBD

Registration:

- Pre-registration required. Call 574-273-3880 to register.
- Unfortunately, we are unable to accommodate drop-ins (with the exception of those with the Yoga 10-Class Pass).

Terms:

- Payment is nonrefundable and is due at time of registration. See website for pricing.
- Payment for services canceled with notice of 24 hours or more will be retained as a credit.
- Cancellations with less than 24-hour notice will result in a forfeiture of payment.

For more information, visit our website:

Caringforthewholeyou.com

