

## PHA Events Calendar: February - April 2020

*Classes, Group Coaching, Events*

### Classes

#### Nutrition

Classes	Dates
Foundations of Nutritional Healing (Integrative Nutrition Series Pt. 1)	Thursday, February 13 <sup>th</sup> , 6:00-7:30pm Monday, March 16 <sup>th</sup> , 6:00-7:30pm Thursday, April 16 <sup>th</sup> , 6:00-7:30pm
Strategic Eating & Meal Planning (Integrative Nutrition Series Pt. 2)	Thursday, February 20 <sup>th</sup> , 6:00-7:30pm Monday, March 30 <sup>th</sup> , 6:00-7:30pm Thursday, April 23 <sup>rd</sup> , 6:00-7:30pm
Advanced Nutritional Healing: Whole Body Healing Through Healing the Gut	3 Thursdays, March 12 <sup>th</sup> , 19 <sup>th</sup> , and 26 <sup>th</sup> 6:00-8:00pm
Three-Week Cleanse & Detox	TBD

#### Mindfulness

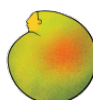
*No classes offered at this time. Instead, we've put together the [Stress Better Package!](#)*

#### Yoga

*(No Class February 10<sup>th</sup> - 21<sup>st</sup> or April 6<sup>th</sup>)*

Classes	Dates
Holistic Hatha: All-Levels Yoga	Mondays, 11am-12pm Tuesdays, 6-7pm (January - March)
Restorative Yoga	Mondays, 10am-11am (starting March 2 <sup>nd</sup> ) Tuesdays, 6-7pm (April - June)
Yoga Therapy for Stress Reduction: 6-Week Series	6 Tuesdays, March 3 <sup>rd</sup> – April 7 <sup>th</sup> 7:15-8:30pm
Yoga Therapy for Pelvic Pain: 6-Week Series	6 Tuesdays, April 28 <sup>th</sup> - June 2 <sup>nd</sup> 7:15-8:30pm

**\*\*Registration Details: see next page\*\***



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**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.
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*For more information, visit our website:*  
**[Caringforthewholeyou.com](http://Caringforthewholeyou.com)**

