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live music
through the body...
Friday Dec 12 7-10pm
Saturday Dec 13 10-4pm
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• creating healthy relationships
Individuals / Couples
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Tue. Nov. 18 6-8pm \$20
Taught by David Seybert
Refresher Class: Tue. Nov. 25 6-7pm \$10
To preregister: 683-7506 For more info: 284-4100
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Weekends: Sat 8:30am; Sun 7am, 5pm
BASICS M 5:30pm; ADVANCED W 7pm
WOMEN'S CLASS: Sat 10:30am-12N
PRE-NATAL: Tu 7pm & Sat 1pm
PARTNER YOGA: 2nd Friday's 7:30-9pm
MEDITATION 4th Fridays 7:30-9pm
Sat Nam Rasayan Practice Group Th 7pm
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