

Davis Holistic Health Center

* NEWSLETTER UPDATE *



Happy New Year All,

We are rescheduling the open house for Feb 17th and have a wonderful workshop coming up in late February to help lower your stress. Look forward to seeing you in this new year.

In health,

Brian

Changed Date for our Open House!

It is now on
February 17, 2012
5:15- 7:30pm

Please join us in celebration of the New Year and our new acupuncturist Rasa Sammy! Drop by anytime during those hours for drinks, hors d'oeuvres, and great friends! Get to know Brian and Rasa and find out why DHHC is the best place for your health care needs! Bring a friend and make new ones! We look forward to seeing you there!



New for 2012



Bliss Hour Yoga - Fridays starting January 13th 5:30-6:30pm.

Level 1 TriYoga flow. No prior yoga experience is required. Tri-Yoga is a hatha yoga method uniting breath, posture, and focus. Flows include relaxation-in-action, wave-like spinal movements, and economy of motion. \$10 for drop in single class.

Instructor: Keren Costanzo

Restorative Yoga and Meditation Workshop - February 25th 1:30pm-4:30pm.

Restorative yoga and yoga nidra meditation are gentle ways to relax, calm your mind and rejuvenate your body and spirit. Students of both restorative yoga and yoga nidra meditation have found that the practice helps with exhaustion brought on by insomnia, illness, chronic pain, or stress. \$50 tuition if paid by February 20th, \$60 if paid thereafter.

Instructor: Kirsten Ferries 530.750.9015 or kirstenferries@yahoo.com

TriYoga Flows Workshop - April 21st 1:00pm-4:00pm. Free the spine and hips, stretch, strengthen, and relax. Stay for chai, snacks, and satsang (visiting with like minded folks). \$45 tuition. To register send check to Kamala Paul at 945 K Street, Davis, Ca 95616.

Instructor: Kamala Paul