

CLASS CALENDAR



HEARTWOOD
center for body mind spirit

Classroom Rental: Instructors and groups are welcome to rent classroom space at Heartwood. Contact Nancy Floy at 847.491.1122 x11.

Visit Our Web Site: Learn more about workshops, seminars and other Heartwood happenings.
www.heartwoodcenter.com

To Register: Contact the instructor directly to register for any session or for information. Classes in other areas are often in the works.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p>10:00 am–11:00 am Mindfulness Meditation for Pain Relief Instructor: Louise Rosenberg To register: 733.386.0547</p>	<p>4:00 pm–5:00 pm Faulk Tai Chi Fundamentals for Beginners Instructor: Arlene Faulk To register: 312.642.0722</p> <p>5:30 pm–6:30 pm Faulk Tai Chi Level II Instructor: Arlene Faulk To register: 312.642.0722</p>	<p>9:30 am–11:00 am Yoga Class with Paul Weitz Instructor: Paul Weitz To register: 847.501.0689</p> <p>5:30 pm–6:30 pm Faulk Tai Chi Level I Instructor: Carolyn Martinez To register: 847.256.0645</p> <p>7:00 pm–8:30 pm Tai Chi Fan Instructor: Peter Norman To register: 773.960.7346</p>	<p>10:30 am–11:45 am Meridian Yoga/ Meditation Class for Veterans Instructor: Colleen Hubbard To register: 847.491.1122 x20</p> <p>6:00 pm–7:30 pm Meditation for Wellbeing Instructor: Mark Replinger To register: 773.386.0523</p> <p>7:45 pm–8:45 pm Meridian Light Yoga Instructor: Colleen Hubbard To register: 847.491.1122 x20</p>	<p>6:00 pm–7:00 pm Foundations of Mindfulness Instructor: Nancy Floy To register: 847.491.1122 x11</p>	<p>8:30 am–9:30 am Yoga (Beginning/ Intermediate) Instructor: Ellie Pickering To register: 847.864.6464</p> <p>10:00 am–11:30 am Yoga for Women Instructor: Corinne Peterson To register: 773.562.5933</p> <p>Noon–1:00 pm Sanskrit Mantra for Daily Living (1st and 3rd Saturdays) Instructor: Darlene Nelson To register: 773.420.7356</p>	<p>9:00 am–10:00 am Zumba Instructor: Leslye Jones-Beatty To register: 773.727.2273</p> <p>Noon–1:30 pm Tibetan Buddhist Practice and Study (1st Sundays) Instructors: Nancy Floy & Lissa Pete To register: 847.491.1122 x11</p> <p>Noon–1:30 pm Open Heart Circle: A gathering for meditation and chanting (2nd Sundays) Coordinator: Nancy Heggemeier To register: 312.656.7937</p> <p>4:00 pm–5:15 pm Hatha Yoga: Mixed Level Yoga Instructor: Margi MacLean To register: 773.504.2750</p>