



270 F Street, Suite 27 Chula Vista, CA 91910

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM - 10:30 Healing Through Dance & Movement	10:00 AM - 5:00 PM Health & Beauty Boutique by Appointment	10:00 AM – 11:30 BIODANZA	10:00 AM - 5:00 PM Health & Beauty Boutique by Appointment	10 AM - 11 AM Gentle Yoga Bilingual	<p>Seminar Live Green For Health</p> <ul style="list-style-type: none"> ❖ Why "Go Green" ❖ The Dangers of Household Products ❖ How Healthy Is Our Food ❖ Why Supplement Your Diet ❖ Safe and Healthy Skin Care Products <p>You will learn to make your own cleaning products</p> <p>CALL TO REGISTER</p>
Healing Touch By Appointment	10:00 AM - 5:00 PM Health & Beauty Boutique By Appointment	10:00 AM - 5:00 PM Health & Beauty Boutique By Appointment	Acupuncture By Appointment	Reiki By Appointment	
10:00 AM - 5:00 PM Health & Beauty Boutique by Appointment	6: 30 PM – 7:30 PM Gentle Yoga	5 PM – 6 PM Gentle Yoga Bilingual	6:30 PM –7:15 Yoga All Levels Bilingual	10:00 AM - 5:00 PM Health & Beauty Boutique by Appointment	
	6:30 PM – 7:30 PM Men’s Support Group 2nd & 4th Tuesday	6 PM – 7:30 PM Women’s Cancer Support Groups English & Spanish	7:30 PM –8:30 PM 2 ^s & 4 rd Jueves Salud y Libertad Seminario en Español	CLOSED AT 3:00 PM	

ALL SERVICES & CLASSES ARE BY APPOINTMENT ONLY

Services Offered At a Sliding Fee Based On Income

Acupuncture, Shiatsu, Reiki, Healing Touch, Yoga Therapy, Weight Loss Program, Health & Beauty Boutique

REGISTER TODAY (619) 425-5927