



bodymindspiritworks LLC

# Classes & Workshops

Wednesday 14 October 2009

"Community Night" presentations

Third Wednesday of each month 7:00 - 8:00 pm  
led by Thomas D'Alessio and Freda van den Broek

21 October 2009	Enjoying your Life
18 November 2009	Creativity
20 January 2010	Relaxation & Stress Management
17 February 2010	Self-discovery
17 March 2010	Health & Well-being
21 April 2010	Energy Work
19 May 2010	Healthy Relationships
16 June 2010	Essential Spirituality

Participation is free of charge, seating is limited so call to register.  
Call Bodymindspiritworks at 262.377.7708 for information/registration

## CPR/AED and First Aid (including Environmental Emergencies)

To be scheduled 8:00 am - 5:00 pm

This is a American Heart Association certified,  
BLS (Basic Life Support) Provider level class.

led by Jennifer D'Alessio CC/NREMT-P

Call Jennifer at 262.365.4612 to schedule a class.

## CPR/AED only (does not include First Aid)

To be scheduled 10:00 am - 4:00 pm

This is a American Heart Association certified,  
BLS (Basic Life Support) Provider level class.

led by Jennifer D'Alessio CC/NREMT-P

Call Jennifer at 262.365.4612 to schedule a class.

*"All Stressed Up with Somewhere to Go: °  
learning healthy & effective responses to stress"*

Workshop led by Thomas D'Alessio & Freda van den Broek

Saturday November 7 10:00 am - 4:30 pm

Call Bodymindspiritworks at 262.377.7708 for information/registration

*Intensive Journal® Workshops*

Two scheduled workshops led by Thomas D'Alessio

Saturday and Sunday November 14-15 2009 9:30 am - 4:30 pm

Saturday and Sunday January 9-10 2010 9:30 am - 4:30 pm

Call Bodymindspiritworks at 262.377.7708 for information/registration

*Kundalini Yoga Classes*

led by Marva Brook

Monday evenings 7:00 - 8:15 pm

Thursday afternoons 1:00 - 2:15 pm

Call Marva at 262.623.1618 for information

*T'ai Chi Chih*

led by Sophie Alamachere

Tuesday evenings 7:00 - 8:00 pm

Eight-session series only, new classes forming now.

Call Sophie at 608.698.8977 for information/registration

For more information on these classes and workshops,  
please take one of the trifold brochures for the specific class ,  
or call 262.377.7708 for more information.