

January, 2012



Harmony Network Chiropractic & Yoga

Dr. Debra Babcock
 681 Falmouth Rd., Mashpee, MA 02649
 508-419-7070 • www.harmonychiroyoga.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga classes w/ Dr. Debra ↓		FREE WELLNESS WORKSHOPS! Open to all. Bring a friend! Please call to reserve a place.			
1	2	3	4	5	6	7
	Harmony Yoga w/ Dr. Debra 11:30 – 1:00		FREE CLASS: Intro to NSA: What's <i>Stress</i> Got To Do With It?? 12:15-1:45 p.m. Open to all!			
8	9	10	11	12	13	14
	Harmony Yoga w/ Dr. Debra 11:30 – 1:00		NO WORKSHOP on the 11th			
15	16	17	18	19	20	21
	NO CLASS on the 16th		FREE CLASS: The 12 Stages of Healing- Your SRI Toolbox 6:30-7:30 p.m. Open to all!			
22	23	24	25	26	27	28
	Harmony Yoga w/ Dr. Debra 11:30 - 1:00		FREE CLASS: Reorganizational Healing 6:30-7:30 p.m. Open to all!			
29	30	31				

Please see our full schedule for all other yoga classes and events
 and visit our web site at www.harmonychiroyoga.com.