

Open House Agenda

Bonus Event	8:30-9:15am	Griffin Get Down	w/ Lauren Griffin			
	10:15-11:15am	Community Yoga	w/ as many yoga teachers that can come and take turns teaching			
	11:15-11:45am	Guided Meditation	w/ Arie Schue			
	11:45-12:15pm	Holistic Health Talk	w/ Ali Brown			
	12:15-12:45pm	Juicing Demo & Talk	w/ Dr. Abigail, Ali Brown, Lisa Modica and Thom Fuss			
	12:45-1:15pm	Medical Qi Gong	w/ Dr. Abigail			
	1:15-1:30pm	Family Yoga	w/ Heather Schlepner			
	1:30-2pm	Journey Dance	w/ Ali Brown			
	2pm	Door Prizes and Raffle Drawings				
Treatments	Lisa Modica	Tuning Forks & Foot Treatments	10-12pm / 1-2pm			
	Thom Fuss	Table Massage	10-12pm / 1-2pm			
	Dr. Abigail	Pulse Diagnosis & Shiatsu Massage	10-12pm / 1:30-2pm			
	Aislynn Bunch	Foot Soaks & Shoulder Massage	10-2pm			
	Cheryl Small	Chair Massage	11:30-2pm			