

# October 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 5:30-7:00pm Yin Yoga w/ Lisa	4	5	6	7	8
9	10 5:30-7:00pm Yin Yoga w/ Lisa	11 5:30-7:00pm Intermediate Hatha Flow Yoga	12	13 6:00-7:15pm Conscious Dance w/ Ann	14	15
16	17 5:30-7:00pm Yin Yoga w/ Lisa	18 5:30-7:00pm Intermediate Hatha Flow Yoga	19	20 6:00-7:15pm Conscious Dance w/ Ann	21	22 11:00-12:00pm Qigong/Tai Chi w/ Stephen
23	24 5:30-7:00pm Yin Yoga w/ Lisa	25 5:30-7:00pm Intermediate Hatha Flow Yoga	26	27 6:00-7:15pm Conscious Dance w/ Ann	28	29 11:00-12:00pm Qigong/Tai Chi w/ Stephen
30	31	Happy HALLOWEEN!				

## LUVN LIGHT STUDIO EVENTS:

### Yoga w/ Lisa

After being introduced to yoga in 2004, Lisa began to embark upon an amazing journey of self discovery which inspired many things including the desire to share and teach yoga to others. Her classes not only incorporate asana but the tools to learn to connect body and mind and build strength in intuition. Contact Lisa at 775-671-5516 or [mindfulivin@gmail.com](mailto:mindfulivin@gmail.com) cost: Donation \$5-\$20.

### Qigong/Tai Chi w/ Stephen

Stephen Mund is an 8th generation Tai Chi instructor in a line that includes, Yang Lu Chan, father of Yang Family Tai Chi and world renown Grandmaster Doc-Fai Wong. He has been studying martial arts since age 13. This class will incorporate both Qigong and Tai Chi. Contact Stephen at 775-303-0853 or [info@carsontaichi.com](mailto:info@carsontaichi.com) cost: \$10/class

### Conscious Dance w/ Ann

Ann has been teaching dance/fitness classes for over 25 years. She has used sacred dance for working with her energy and nature's energy for many years. This particular conscious dance series would be working with developing or further developing our sacred dance. The intention is to deepen the possibilities for using dance as a practice for self-care, healing, restoration, balance, alignment with self and the elements. The movement is free form dance/meditation, set to world, sacred and dance music. All movement is at your own pace. Working with intention to help you ground, release, and integrate energy. In order to welcome change, contentment, and joy into your life. Contact Ann at 530-542-9553 or [mtngypsy@sbcglobal.net](mailto:mtngypsy@sbcglobal.net) cost: Donation \$5-\$10 Drop-ins welcome!

A LITTLE ON OUR  
INSTRUCTORS AT  
LUVN LIGHT  
STUDIO:

*“When the student is  
ready  
the right teacher will  
appear”  
- An ancient  
saying*

[Luvnlightstudio@sbcglobal.net](mailto:Luvnlightstudio@sbcglobal.net)

