

**Vanderbilt Center for Integrative Health  
Mind Body Movement Schedule**

Time	Class	Level	Instructor	Registration	Cost	Room
<b>Monday</b>						
9:30-10:30am	Yoga for Back Care	All Levels	Rachel	On-going	Yoga Card/Drop-in	West Room
4:00-5:00pm	Gentle Yoga	All Levels	Nancy	On-going	Yoga Card/Drop-in	West Room
5:30-6:15pm	Therapeutic Tai Chi	Beginners	Li-Jun	Time limited	\$48 for 6 weeks	West Room
6:30-7:15pm	Tai Chi	Beginners	Li-Jun	Time limited	\$48 for 6 weeks	West Room
7:30-8:15pm	Tai Chi	Continuing	Li-Jun	Time limited	\$48 for 6 weeks	West Room
<b>Tuesday</b>						
7:00-8:00am	Gentle Yoga	All Levels	Blair	On-going	Yoga Card/Drop-in	West Room
4:00-5:00pm	Yoga for Chronic Pain	All Levels	Gurjeet	Time limited	\$96 for 8 weeks	West Room
<b>Wednesday</b>						
9:30-10:30am	Yoga for Stress Relief	All Levels	Rachel	On-going	Yoga Card/Drop-in	West Room
4:00-5:00pm	Gentle Yoga	All Levels	Ali	On-going	Yoga Card/Drop-in	West Room
*5:30-6:30pm	Yoga for Back Care	All Levels	Mari Beth	On-going	Yoga Card/Drop-in	West Room
<b>Thursday</b>						
7:00-8:00am	Gentle Yoga	Continuing	Clyde	On-going	Yoga Card/Drop-in	West Room
*4:00-5:00pm	Gentle Yoga	All Levels	Emily	On-going	Yoga Card/Drop-in	West Room
4:00-5:00pm	Healing Qigong	All Levels	Michelle	Time limited	\$54 for 6 weeks	East Room
<b>Friday</b>						
*12:00-1:15pm	Restorative Yoga	All Levels	Blair	On-going	Yoga Card/Drop-in	West Room
<b>Saturday</b>						
*9:00-10:00am	Gentle Yoga	All Levels	Jane	On-going	Yoga Card/Drop-in	West Room
<b>Sunday</b>						
4:00-5:15pm	Restorative Yoga	All Levels	Blair	On-going	Yoga Card/Drop-in	West Room

*\*New class effective week of October 3, 2011*

To check start dates for Time Limited courses, please visit our website at [www.vcih.org](http://www.vcih.org) or call 615-322-7395. To purchase a Yoga Card for all On-going classes, please visit the front desk or call 615-343-1554.