

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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|  <p>1 1:00 T'ai Chi 5:45 Chi Kung 7:15 Movie/Discussion The Hidden Key to Loving Relationships Part 4</p> | <p>2 8:45 Pilates 9:45 Chi Kung 10a—5p Pet Healing w Catharine McKibbin 1:30 A New Earth 4:30 Hawaiian Dance w Louise Torok 5:30 Yoga 7:00 A Course in Miracles</p> | <p>3 2:00 Crafts w Alice Miller Small Baskets</p> | <p>4 8:30 Stretch for Health 9:45 Chi Kung 11:30 T'ai Chi w Susan Deak 1:00 Fundraising Meeting 7:15 Digital Photography w Gary Cartner</p> | <p>5 10:15 LwC Support Group 12:00 LwC Potluck 5:45 Chi Kung w Henry Story 7:15 Movie/Discussion Crop Circles: Quest for Truth w Ron Bracale</p> | <p>6 10:00 Reiki Healing w Cheryl Shortridge 2:00 Beading Workshop w Jody Smith 8:00 Drum Circle w Bob Sabo</p> | |
| <p>7 10:00 Sunday Inspiration w Nik Tressler 1:30 Lupus Share & Talk w Brenda Angle 7:30 Exploring God's Heart w Bill Bruehl</p> | <p>8 1:00 T'ai Chi w Susan Deak 5:45 Chi Kung w Henry Story 7:00 WTLC Board Meeting</p> | <p>9 8:45 Pilates 9:45 Chi Kung w Henry Story 10a—5p Pet Healing 1:30 A New Earth w Vince Lisi 4:30 Hawaiian Dance 5:30 Yoga 7:00 A Course in Miracles</p> | <p>10 2:00 Movie/Discussion Visions of a Universal Humanity 6:30 Biggest (Weight) Loser w Diana Crudele</p> | <p>11 8:30 Stretch for Health Suzanne Isco 9:45 Chi Kung 11:30 T'ai Chi 2:00 Mediumship Circle w Ann Bartlett 4—7 Gold Buying Event w Better Gold Buyers</p> | <p>12 10:15 LwC Support Group 5:45 Chi Kung 7:15 Alchemy of Ascension w iris Kellie</p> | <p>13 1p—5p Transformational Circle: A Journey to the Heart of Soul Integration w Jonathan Davis</p> |
| <p>14 10:00 Sunday Inspiration w Luanna Hale 1p—5p Zeitgeist Day 2:30 Poets' Circle w Colleen Crawford</p> | <p>15 1:00 T'ai Chi 5:45 Chi Kung 7:15 Extra-Terrestrial Initiation Meditation w Ron Bracale</p> | <p>16 8:45 Pilates 9:45 Chi Kung 10a—5p Pet Healing 1:30 A New Earth 4:30 Hawaiian Dance 5:00 LwC Potluck 5:30 Yoga 7:00 A Course in Miracles</p> | <p>17 2:00 Crafts w Alice Miller Paper Beads 6:30 Biggest (Weight) Loser</p>  | <p>18 8:30 Stretch for Health 9:45 Chi Kung 11:30 T'ai Chi 2:00 Acrylic Painting w Cynthia Ziegler</p> | <p>19 10:15 LwC Support Group 5:45 Chi Kung 7:15 Peaceful Heart Meditation with Therapeutic Harp w Carol Spears</p> | <p>20 10a—5p Trance Channeling by appt w Jeanne Ley</p> |
| <p>21 10:00 Sunday Inspiration w Dick Mueller 12:15 Yuen Healing w Dick Mueller 7:30 Exploring God's Heart w Bill Bruehl</p> | <p>22 1:00 T'ai Chi 5:45 Chi Kung 7:15 Sacred Places-Part 2 Stonehenge w Valerie McClelland</p> | <p>23 8:45 Pilates w Rebecca Monda 9:45 Chi Kung 10a—5p Pet Healing 1:30 A New Earth 4:30 Hawaiian Dance 5:30 Yoga 7:00 A Course in Miracles w Vince Lisi</p> | <p>24 2:00 Movie/Discussion Yellow Brick Road 6:30 Biggest (Weight) Loser</p> | <p>25 8:30 Stretch for Health 9:45 Chi Kung w Henry Story 11:30 T'ai Chi</p> | <p>26 10:15 LwC Support Group 5:45 Chi Kung 7:15 Iridology w Alicia Rocco</p> | <p>27</p> |
| <p>28 10:00 Sunday Inspiration w Yvonne Y. Miller</p> | <p>29 1:00 T'ai Chi 5:45 Chi Kung 7:15 Movie/Discussion The Hidden Key to Loving Relationships Part 5</p> | <p>30 8:45 Pilates 9:45 Chi Kung 10a—5p Pet Healing 1:30 A New Earth 4:30 Hawaiian Dance 5:30 Yoga w Vickie Giangola 7:00 A Course in Miracles</p> | <p>31 6:30 Biggest (Weight) Loser</p> |  | | |

Sun

Mon

Tue

Wed

Thu

Fri

Sat


APRIL 2010

Wellness & Total Learning Center
 715 West 30th Street
 Ashtabula, OH 44004
 www.wtlcashtabula.com
 440-997-5353
 wtlc@suite224.net

1
 8:30 Stretch for Health
 w Suzanne Isco
 9:45 Chi Kung
 11:30 T'ai Chi
 w Susan Deak
 1:00 Fundraising Meeting
 7:15 Digital Photography
 w Gary Cartner

2
 10:15 LwC Support Group
 12:00 LwC Potluck
 5:45 Chi Kung
 w Henry Story
 7:15 Movie/Discussion
**What on Earth? Inside
 the Crop Circle Mystery**
 w Ron Bracale

3
 10:00 Reiki Healing
 w Cheryl Shortridge
 2:00 Beading Workshop
 w Jody Smith

4
 10:00 Sunday Inspiration
 w Nik Tressler

 7:30 Exploring God's
 Heart w Bill Bruehl

5
 1:00 T'ai Chi
 w Susan Deak
 5:45 Chi Kung
 w Henry Story
 7:15 Movie/Discussion
**The Hidden Key to
 Loving Relationships
 Part 6**

6 8:45 Pilates
 9:45 Chi Kung
 10a—5p Pet Healing
 w Catharine McKibbin
 1:30 A New Earth
 w Vince Lisi
 4:30 Hawaiian Dance
 w Louise Torok
 5:30 Yoga
 7:00 A Course in Miracles

7
 2:00 Crafts w Alice Miller
Plastic Twirls—1
 6:30 **Biggest (Weight) Loser**
 w Diana Crudele

8
 8:30 Stretch for Health
 9:45 Chi Kung
 w Henry Story
 11:30 T'ai Chi
 2:00 Mediumship Circle
 w Ann Bartlett
 4—7 **Gold Buying Event**
 w **Better Gold Buyers**

9
 10:15 LwC Support Group
 5:45 Chi Kung
 7:15 **How to Live
 Dimensionally in New
 Levels of Perception
 and Intelligence**
 w Richard Filisky

10
 9a—5p **How to Live
 Dimensionally in New
 Levels of Perception
 and Intelligence**
 w Richard Filisky
 9a—7p Heart Integration
 by appt. w Jonathan Davis

11
 10:00 Sunday Inspiration
 w Luanna Hale
 2:30 Poets' Circle
 w Colleen Crawford

12
 1:00 T'ai Chi
 5:45 Chi Kung
 7:00 WTLC Board Meeting

13 8:45 Pilates
 9:45 Chi Kung
 w Henry Story
 10a—5p Pet Healing
 1:30 A New Earth
 4:30 Hawaiian Dance
 5:30 Yoga
 w Vickie Giangola
 7:00 A Course in Miracles

14
 2:00 Movie/Discussion
Sweet Misery
 6:30 **Biggest (Weight) Loser**

15
 8:30 Stretch for Health
 9:45 Chi Kung
 11:30 T'ai Chi
 2:00 Acrylic Painting
 w Cynthia Ziegler

16
 10:15 LwC Support Group
 5:45 Chi Kung
 7:15 Movie/Discussion
Sweet Misery

17
 10a—6p **Lifestyle Expo**
 Geneva Lodge
 10a—5p Trance Channeling
 by appt w Jeanne Ley
 ★★★★★★★★★★
 ★ **7p—9p** ★
 ★ **Martin Crombie** ★
 ★ **in Concert** ★
 ★ **St. Peter's Church** ★
 ★★★★★★★★★★

18
 10:00 Sunday Inspiration
 w Dick Mueller
 12:15 Yuen Healing
 w Dick Mueller
 10a-6p **Holistic Lifestyle
 Expo—Geneva Lodge**
 7:30 Exploring God's
 Heart

19
 1:00 T'ai Chi
 5:45 Chi Kung
 7:15 Extra-Terrestrial
 Initiation Meditation
 w Ron Bracale

20
 8:45 Pilates
 9:45 Chi Kung
 10a—5p Pet Healing
 1:30 A New Earth
 4:30 Hawaiian Dance
 5:30 Yoga
 5:00 LwC Potluck
 7:00 A Course in Miracles

21
 2:00 Crafts w Alice Miller
Plastic Twirls—2
 6:30 **Biggest (Weight) Loser**

22
 8:30 Stretch for Health
 9:45 Chi Kung
 11:30 T'ai Chi

23
 10:15 LwC Support Group
 5:45 Chi Kung

24

25
 10:00 Sunday Inspiration
 w Yvonne Y. Miller

26
 1:00 T'ai Chi
 5:45 Chi Kung

27 8:45 Pilates
 w Rebecca Monda
 9:45 Chi Kung
 10a—5p Pet Healing
 1:30 A New Earth
 4:30 Hawaiian Dance
 5:30 Yoga
 7:00 A Course in Miracles

28
 2:00 Movie/Discussion
**Rumi:
 Poet of the Heart**
 6:30 **Biggest (Weight) Loser**

29
 8:30 Stretch for Health
 9:45 Chi Kung
 11:30 T'ai Chi

30
 10:15 LwC Support Group
 5:45 Chi Kung
 7:15 **Soul Collage**
 w Linda Beal

