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Yoga, Music and Ministerial Activities Schedule

Revised 12 August 2017

**Contact me for availability as a Wedding Minister, to include
music for your ceremony.**

Monday

SENIORS' YOGA CLASSES, 8:50 to 10:00am, mat class,
beginning level, 10:10 to 11:10am chair class,
Little River Glen Senior Center, 4001 Barker Street, Fairfax, VA.
Please call 703.503.8703 for information and to register for the
next session for either of these Monday or Thursday classes.

12:30pm to 1:30pm Town of Vienna,
Location: **Vienna Community Center**,
For Beginners: HATHA YOGA BEGINNER—starts 18
September 2017.
Section: 233050-B1
Inclusive dates: 9/18-12/4 (No class on Monday, 9 October)
11 Classes
PLEASE MAKE NOTE OF THE DATES AND LOCATION.
To register, call 703-255-6360

Log onto <http://www.viennava.gov>

Click on the Parks and Rec Registration in the FAQ. Click on **WebTrac**

See the brochure, page 21:

<https://www.viennava.gov/ArchiveCenter/ViewFile/Item/3739>

Music lessons available in home studio during afternoon hours.

Tuesday

7:00pm—8:30pm, Town of Vienna.

Location: **Vienna Community Center**

Starts 19 September 2017.

Section: 233050-A1

Inclusive dates: 9/19-12/5

12 Classes

Telephone: 703-255-6360. PLEASE MAKE NOTE OF THE DATES AND LOCATION.

To register, call 703-255-6360

Log onto <http://www.viennava.gov>

Click on the Parks and Rec Registration in the FAQ. Click on **WebTrac**

See the brochure, page 21:

<https://www.viennava.gov/ArchiveCenter/ViewFile/Item/3739>

12 pm to 1 pm **Providence Community Center**, 3001 Vaden Drive Fairfax, VA 22031; A New Class at a very new center—A New Class at a very new center—"Senior Program".

Class session will be 8 weeks. Each series is \$5.00.

Call the Center for more information. **Operating Hours:** 9 a.m. to 10 p.m., Monday – Saturday;
Phone: 703- 865-0520.

Music lessons during afternoon hours.

Wednesday

9:30 – 10:55 **Providence ReCenter**, new series begins in September 2017.

Facility Address: 7525 Marc Drive, Falls Church, VA 22042. See **Parktakes** magazine for details.

Also go to the website,

<http://www.fairfaxcounty.gov/parks/parktakes/>

12 pm to 1 pm **Providence Community Center**, 3001 Vaden Drive Fairfax, VA 22031; An open class for people 19 years and older. Class session will be 8 weeks. Each series is \$5.00.

Call the Center for more information. **Operating Hours:** 9 a.m. to 10 p.m., Monday – Saturday;

Phone: 703- 865-0520

Music lessons available in home studio during afternoon hours.

Thursday

SENIORS' YOGA CLASSES, 8:50 to 10:00am, mat class, beginning level; 10:10 to 11:10am chair class,

Little River Glen Senior Center, 4001 Barker Street, Fairfax, VA.
Please call 703.503.8703 for information and to register for the
next session for either of these Monday or Thursday classes.

12 pm to 1 pm *Providence Community Center*, 3001 Vaden Drive
Fairfax, VA 22031; A New Class at a very new center—"Senior
Program".

Class session will be 8 weeks. Each series is \$5.00.

Call the Center for more information. **Operating Hours:** 9 a.m.
to 10 p.m., Monday – Saturday;

Phone: 703- 865-0520

7:00pm—8:30pm, Town of Vienna.

Location: *Vienna Community Center*

See the brochure, page 21:

<https://www.viennava.gov/ArchiveCenter/ViewFile/Item/3739>

Starts 21 September 2017.

Section: 233052-A1

Inclusive dates: 9/21-12/7 (No class on 11/23)

11 Classes

Telephone: 703-255-6360. PLEASE MAKE NOTE OF THE
DATES AND LOCATION.

To register, call 703-255-6360

Log onto <http://www.viennava.gov>

Click on the Parks and Rec Registration in the FAQ. Click on

WebTrac

See the brochure, page 21:

<https://www.viennava.gov/ArchiveCenter/ViewFile/Item/3739>

Music lessons available in home studio during afternoon hours.

Friday

12 pm to 1 pm --**Providence Community Center**, 3001 Vaden Drive Fairfax, VA 22031; An open class for people 19 years and older.

Class session will be 8 weeks. Each class (per series) is \$5.00. Call the Center for more information.

Operating Hours: 9 a.m. to 10 p.m., Monday – Saturday;

Phone: 703- 865-0520

Music lessons available in home studio during afternoon hours.

Saturday

7 am to 8:30 am, Town of Vienna, Beginners/Experienced:

HATHA YOGA BEGINNER—

Starts 23 September 2017. Location of all of these classes: **Vienna Community Center**

Section: 233051-A1

Inclusive dates: 9/23-12/9 (No Classes on 9/30,11/11,11/25)

9 classes

To register, call 703-255-6360

Log onto <http://www.viennava.gov>

Click on the Parks and Rec Registration in the FAQ. Click on

WebTrac

See page 21 of the brochure:

<https://www.viennava.gov/ArchiveCenter/ViewFile/Item/3739>

Telephone for the Vienna Community Center Office: 703-255-6360

Music lessons available in home studio during selected times.

Monday through Saturday

Individual sessions of Yoga Therapy or Spiritual Coaching or meditation, depending upon availability. Some house calls available, please inquire.

If you have groups of 7 people or more, I will visit your home or business to give you a class in yoga, meditation or spiritual music presentations. Please call or email for details.

Please call to arrange special corporate or family yoga sessions in your own home or office environment. Call or email me for the latest information. This schedule will change every 10 weeks or so.

Also, please inquire about Ministerial Services for weddings, baby blessings, memorials, commitment ceremonies or transitional ceremonies and spiritual coaching.

Music Studio Schedule

Monday through Saturday: Private music instruction, home studio, call (703) 281-5498. Also, appointments are available for "Yoga For Musicians"®. Please inquire.

YOGA FOR MUSICIANS is a Registered Trademark of John P. Giunta.

Music lessons are available for classical guitar, folk and jazz guitar, flute, recorder, hammered dulcimer, mandolin, accordion.

Almost any time: Performances for weddings, parties, sing-along events, children's parties and all social and sacred occasions can be arranged on classical guitar, flutes, hammered dulcimer, accordion, singing bowls, please inquire about availability.