


# June 2008

## HealthQuest & Center for Natural Medicine, Inc.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b> ▶ Sant Mat Meditation	<b>2</b> ▶ Jim Allen ▶ Spanish Class	<b>3</b> ▶ Feldenkrais Meditation	<b>4</b> ▶ Spanish Class ▶ Restorative Yoga ▶ Jingui Qigong	<b>5</b> ▶ Water Clinic	<b>6</b> ▶ Restorative Yoga	<b>7</b> ▶ Holistic Medicine Presentation -- Dr. Zorn
<b>8</b> ▶ Quantum Biofeedback Class ▶ Sant Mat Meditation	<b>9</b> ▶ Spanish Class	<b>10</b> ▶ Feldenkrais Meditation	<b>11</b> ▶ Spanish Class ▶ Restorative Yoga ▶ BODY TALK	<b>12</b>	<b>13</b> ▶ Restorative Yoga	<b>14</b>
<b>15</b> ▶ Sant Mat Meditation	<b>16</b> ▶ Spanish Class	<b>17</b> ▶ Feldenkrais Meditation	<b>18</b> ▶ Spanish Class ▶ Restorative Yoga ▶ Jingui Qigong	<b>19</b> ▶ SHEN Therapy Workshop ▶ Water Clinic	<b>20</b> ▶ Restorative Yoga ▶ SHEN Therapy Workshop	<b>21</b> ▶ SHEN Therapy Workshop
<b>22</b> ▶ SHEN Therapy Workshop ▶ Sant Mat Meditation	<b>23</b> ▶ Spanish Class	<b>24</b> ▶ Feldenkrais Meditation	<b>25</b> ▶ Spanish Class ▶ Restorative Yoga	<b>26</b>	<b>27</b> ▶ Restorative Yoga	<b>28</b>
<b>29</b> ▶ Sant Mat Meditation	<b>30</b> ▶ Spanish Class					
<b>Event details on reverse.</b>	* Free steam or tub applies to 60 or 90 minute Massage purchased on Sunday; excludes insurance and gift certificates					

## Announcements

**\* \* HealthQuest Voted Best of Citysearch 2008 \* \***

**Best Couples Treatment 2008 & Perfect 5 Star Rating for Massage!**

## Weekly Events

**Feldenkrais Method: Tuesdays 5:30 -6:30pm:** Enhance awareness through gentle movement. Call Rosanna 503-772-3486 for info.

**Meditation: Tuesdays 7-9 pm:** Science of Spirituality Group / Tom 503-528-0222 / Free

**Restorative Yoga with Dr. Michael Sears: Wednesdays 5:45-6:45 and Fridays 11-12 noon:** Assist in repair, sleep better, reduce stress and unwind from chronic muscular and spinal pain. Contact Dr. Michael Sears 503-225-0255

**Jingui Qi Gong: 2 Wednesdays a month, 7:15-8:30, June classes are the 4th and 18th.** Visit [www.jingui.com](http://www.jingui.com) , Contact Dan Pappas: 720-495-9861 or [pappas.dan@gmail.com](mailto:pappas.dan@gmail.com) Jingui Golden Shield Qi Gong is a rare "Temple Style" of Qi Gong. This practice detoxifies imbalances, strengthens the immune system, and increases bone mass. Dan Pappas is a certified Jingui Instructor by Dr. Don X. Zhang, a Qi gong master.

**Sant Mat Meditation: Sundays 5-7pm:** Meditations on Inner Light and Sound. 503-648-7380

## Special Events

**BodyTalk System: Wednesday June 11th 7:15-9pm:** Synchronizes your body's energy systems so that they can operate naturally, thus rapidly accelerating the healing process and preventing disease. Call Kristina Nunn 503.621.4579 for more info.

**SHEN Therapy June 19-22:** Emotional Empowerment Workshop—promotes personal growth by accessing feelings previously buried or unknown. A process of releasing old feelings, allowing for more love, joy and vitality is guided by Laurie Hoover, Certified SHEN Instructor / Therapist. For more information contact Dena K Drasin MD 503.720.1313