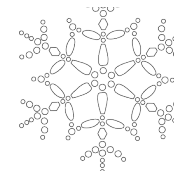




Altus Healing Arts Center

Winter 2011-12



Weekly Altus Movement Studio (Upstairs)

Monday

Open Meditation 5:15-6:00pm \$3*/session. Drop-ins welcome! For information/instructions call Susan Walp at 883-5536. **On-going.**

Tuesday

Afterschool Art! Afterschool-5pm with Erica Venuti. 1st-6th graders. No Charge. 685-3138. **On-going**

Wednesday

Yoga Flow 9:00-10:30am with Tracy Penfield \$15*/session or \$72*/6 sessions. All levels welcome! Please contact Tracy at 685-3138 to confirm. **On-going.**

Thursday

Afterschool Art! Afterschool-5pm with Erica Venuti. Grades 7-12. No charge. 685-3138. **On-going.**
All Levels Hatha Yoga 5:45-7:15pm with Linda Boudreault \$15*/class or \$110*/8 classes. Contact Linda for more information at 685-3152. **On-going.**

Saturday

Weaving with Tracy Penfield 9:00am-noon. Advance registration required. Space limited. 685-3152.

Bodywork By Appointment *Altus (Upstairs)*

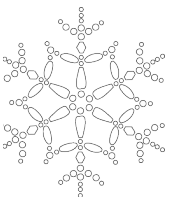
Tracing with Tracy Penfield 685-3138

Massage with Emily Harvey 356-4956

Reiki Saturdays with Krista Ainsworth 889-3584

*Sliding Scale Fees Available for All Opportunities.

Contact *SafeArt*:
 (802) 685-3138
info@safeart.org



Women's Groups! Wednesday's with Tracy

All groups are on-going without fee

Dancing Women Healing Spirits 4:30-6pm 1st Weds

Altus Movement Studio (Upstairs)

Healing Arts for Women 6-8pm 3rd Wednesdays

Altus Visual Arts Studio (Downstairs)

Mindful Women 5:30-6:30pm 4th Wednesdays

Altus Movement Studio (Upstairs)

Please call for more info or to confirm: 685-3138

Chelsea Town Hall For Adults and Teens with Tracy Penfield 685-3138

Laughing Yoga \$60/10 5:30-6:30pm classes \$12/drop-in.
Starts Jan 9th.

Spirited Improv with Live Music 3rd Mondays 6:45-8:30pm \$60*/ 6 sessions or \$12*/single. **Next: Jan 16th.**

Your Event Here!

Altus is committed to bringing opportunities into the community at affordable prices.

Our space is available to be rented out for events. If

*Sliding Scale Fees Available for All Opportunities.

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