

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Baguazhang 6pm	2	3	4
5 10am-11:30am Dharma Group  International Folk Dance 7pm	6 Yoga 5:30pm	7 Belly Dancing 7pm	8 Baguazhang 6pm	9 6:15 pm Community Yoga	10	11 All Day Meditation 8:30 - 5pm
12 10am-11:30am Dharma Group  International Folk Dance 6pm	13 Yoga 5:30pm	14 Belly Dancing 7pm	15 Baguazhang 6pm	16 6:15 pm Community Yoga	17	18 BSBAF Wine Tasting
19 No dharma group  International Folk Dance 7pm	20 Yoga 5:30pm	21 Belly Dancing 7pm	22 Baguazhang 6pm	23 6:15 pm Community Yoga	24	25
26 10am-11:30am Dharma Group  International Folk Dance 7pm	27 Yoga 5:30pm	28 Qi Gong - noon  Belly Dancing 7pm	29 Baguazhang 6pm			

**Baguazhang** – Eric Tither is teaching this most recent addition to our schedule. A form of internal kung-fu/martial art that would most closely be compared to the Tai Chi family of arts, baguazhang is sometimes referred to as Taoist Yoga. For more info, call Eric @ 491-4849.

**Yoga** – Contact Vanna Boccadori at 498-6989 for questions. \$3/class.

**Folk Dancing** – Ethnic dances from around the world is back. No need for a partner, just a desire to learn. For more information, call 723-3623.

**FOR MORE INFO OR TO GET ON OUR MAILING LIST, CONTACT US AT: Sacredgroundbutte@gmail.com**

**Belly Dancing** with Norma. For more information, call her at 723-3164

**Dharma Practice Group** - Sundays - 30 minutes meditation and remainder for talk and discussion. For more info, call Steve at 782-5917. Newcomers are always welcome.

**All classes meet on the top floor of the Chateau at the northeast corner of Broadway and Washington unless otherwise noted. Please use the side door.**