

June 2010

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>
		1 ▶ Pain Party - CNM ▶ Feldenkrais ▶ Meditation	2 ▶ Intenders Circle ▶ Spiritual Healing	3	4 <u>Acupuncture</u> <u>Chiropractic</u> <u>Naturopathic</u> ON SATURDAYS	5
6 ▶ Sant Mat Meditation	7	8 ▶ Pain Party - CNM ▶ Feldenkrais ▶ Meditation	9 ▶ Intenders Circle	10	11 <u>Acupuncture</u> <u>Chiropractic</u> <u>Naturopathic</u> ON SATURDAYS	12 ▶ Explorers
13 ▶ Sant Mat Meditation	14 ▶ Life In Balance	15 ▶ Pain Party - CNM ▶ Feldenkrais ▶ Meditation	16 ▶ Intenders Circle	17 ▶ Going Beyond MARGI LANTOS	18 <u>Acupuncture</u> <u>Chiropractic</u> <u>Naturopathic</u> ON SATURDAYS	19 ▶ Ennegram
20 ▶ Sant Mat Meditation	21	22 ▶ Pain Party - CNM ▶ Feldenkrais ▶ Meditation	23 ▶ Intenders Circle	24 ▶ Life In Balance	25 <u>Acupuncture</u> <u>Chiropractic</u> <u>Naturopathic</u> ON SATURDAYS	26
27 ▶ Sant Mat Meditation	28	29 ▶ Pain Party - CNM ▶ Feldenkrais ▶ Meditation	30 ▶ Intenders Circle		<u>Acupuncture</u> <u>Chiropractic</u> <u>Naturopathic</u> ON SATURDAYS	
Event Details on Reverse Side →						

Announcements

* * HealthQuest Voted *Best of Citysearch 2009* * *
Best Therapeutic Massage 2009 & Perfect 5 Star Rating for Massage!
Best Couples Treatments 2008

Weekly Events

Pain Away Party: Tuesdays 7:00 pm Downstairs CNM Lobby: Experience Cellular Exercise with the MagnaCharge / MG33 system. Pulsed electromagnetic field technology (PMF), safely delivers pulsed magnetic field to depleted, damaged, or weakened cells. Learn about the technology and experience it for FREE.
More info: BodyElectricLLC.com / 503.232.1100

Feldenkrais®: Tuesdays 5:30 -6:30pm: *Feldenkrais®* is a holistic, experiential approach to increasing awareness and learning through movement. During group lessons, a practitioner leads you through a sequence of movement explorations that involve thinking, sensing, moving, feeling and imagining. By increasing awareness, you will learn to let go of habitual patterns; you will learn to recognize and develop alternatives. Contact Rosanna at 503-772-3486 or movingforlife@gmail.com for info.

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

INTENDERS OF THE HIGHEST GOOD: Wednesdays 6:30-8:30pm: The intention process is a POWERFUL tool in manifesting ANYTHING you want to create in your life. Whether it's better health, more money, or more love you want in your life, anything is possible. It's fun and it's easy! Intenders of the Highest Good is an international organization that has spread around the world because of it's powerful manifestation ability and because of it's upbeat, positive approach to transforming lives. Come join this amazing group and create the life of your dreams! For more information go to www.intenders.com and/or call John Robinson at 503-388-1452

Sant Mat Meditation: Sundays 5-7pm: Meditations on Inner Light and Sound. 1-877-MEDITATE

Special Events

Life In Balance Series: Monday May 14th & 24th 7: pm: "Life in Balance", an ongoing series of interactive programs that examine the confluence of personal lifestyle and spirituality. Sponsored by Know Thyself as Soul Foundation Northwest. Call 1-877-MEDITATE or e-mail us at usa-nw@knowtheyselfassoul.org for more info.