



Holistic Services

August 2017



Holistic Services	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Mental Health 5-7Pm(New) Gentle Flow Yoga 6-7:30Pm	4	5
Reiki Energy Healing Hernan Roman, 3 rd Monday Meditation Marilyn, Every Monday Massage Todd Jost LMT, every Tuesday Jose Sarazen LMT 3 rd Friday Mental Health Tanya Johnson LMC Tuesday Hypnotherapy Silvia Todorov, 4 th Tuesday Sound Therapy Andrea Sosa 3 rd Tuesday Acupuncture Ana Lucia DOM, 3 rd Wednesday David Grimes DOM, 2 nd and 4 th Reiki & Healing Circle Edgar De Velasco 3 rd Wednesday Mental Health Natasha Nestic Thursdays Gentle Flow Yoga Willie Roman, every Thursday Chiropractic Adjustments Dr. Lee Fraum, 1 st & 3 rd Thursday Crystal Sound Chakra Clearing Joel Benitez 1 st and 3 rd Friday	6	7 Meditation 6:30-7:30pm	8 Mental Health 12-2pm(New) Massage 12-1:30pm	9 Acupuncture 3:30-6Pm(New) By Appointment	10 Chiropractic 12-1Pm Gentle Flow Yoga 6-7:30Pm Mental Health 5-7Pm (New)	11 Crystal &Sound Chakra clearing 12-3:30Pm	12 Pet Project 10-12noon
	13	14 Meditation 6:30-7:30pm	15 Mental Health 12-2pm (New) Massage 12-1:30pm	16	17 Mental Health 5-7Pm (New) Gentle flow Yoga 6-7:30pm	18 Massage 12-2pm(New)	19
	20	21 Reiki 12-1:30Pm Meditation 6:30-7:30pm	22 Massage 12-1:30pm Sound Therapy (New) 6:30-8Pm (By Appointment)	23 Acupuncture 1-2Pm Acupuncture 3:30-6Pm(New) By Appointment Reiki 6-7:30Pm	24 Chiropractic 12-1pm Mental Health 5-7Pm(New) Gentle flow Yoga Yoga 6-7:30pm	25 Crystal &Sound Chakra clearing 12-3:30Pm	26
	27	28 Meditation 6:30-7:30pm	29 Hypnotherapy 12-2pm Massage 12-1:30pm	30	31 Mental Health 5-7Pm(New) Gentle flow Yoga Yoga 6-7:30pm		

Pridelines offers free Holistic Services to people living with HIV and other chronic conditions who are disabled, and to students and low-income individuals on a sliding fee scale. For more information or to schedule an appointment please email Eddie Orozco – eddie@pridelines.org

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