



# Mind Body Studio

517A Southland Drive

Lexington KY 40503

[mindbodystudio.org](http://mindbodystudio.org)

# January 2012



**Lexington Vintage Dance of the Month**  
Tim Lamm  
Paula Harrison  
859.986.9256

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**Scottish Country Dance**  
Vicky Goodloe  
859.351.5045

[scottishdancing@yahoo.com](mailto:scottishdancing@yahoo.com)  
[vgoodloe101@gmail.com](mailto:vgoodloe101@gmail.com)



**Classical Indian Dance**  
Anusha Ravishankar  
407.491.7055

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**Health Rhythms Drumming**  
Caitlin Warnken  
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**Dance Jam**  
Pamla Wood  
859.351.3142

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[motionmatters.org](http://motionmatters.org)

| Sunday   | Monday                           | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |  |
|--|----------------------------------|--|---|--|--|--|--|
| <b>1</b>   | <b>2</b><br>6:00-7:00 Nia (Amy)  | <b>3</b><br>8:15-9:15 Nia (Shayne)<br>5:30-7:00 MM Dance Jam! (Pamla)<br>7:30-9:00 Scottish Dance (Beg) (Vicky)<br>8:00-9:30 Scottish Dance (Exp) (Vicky)  | <b>4</b><br>6:00-7:15 Gentle Yoga (Karen)<br>7:30-9:00 Lexington Zen Meditation Group   | <b>5</b><br>8:15-9:15 Nia (Shayne)<br>5:00-6:00 Nia (Shayne)<br>6:00-7:15 Gentle Yoga (Jan)<br>6:30-7:30 Nia 5 Stages (Shayne)   | <b>6</b><br>6:00-7:15 Health Rhythms Drumming (Caitlin)  | <b>7</b><br>9:00-10:00 Nia (Shayne)<br>11:00-12:30 Classical Indian Dance (Anusha)   |  |
| <b>8</b><br>2:00-4:00 Lexington Vintage Dance of the Month (Tim)         | <b>9</b><br>6:00-7:00 Nia (Amy)  | <b>10</b><br>8:15-9:15 Nia (Shayne)<br>5:30-7:00 MM Dance Jam! (Pamla)<br>7:30-9:00 Scottish Dance (Beg) (Vicky)<br>8:00-9:30 Scottish Dance (Exp) (Vicky) | <b>11</b><br>6:00-7:15 Gentle Yoga (Karen)<br>7:30-9:00 Lexington Zen Meditation Group  | <b>12</b><br>8:15-9:15 Nia (Shayne)<br>11:30-1:00 Kundalini Yoga & Meditation (Tara)<br>5:00-6:00 Nia (Shayne)<br>6:00-7:15 Gentle Yoga (Jan)<br>6:30-7:30 Nia 5 Stages (Shayne) | <b>13</b><br>6:00-7:15 Health Rhythms Drumming (Caitlin) | <b>14</b><br>9:00-10:00 Nia (Shayne)<br>11:00-12:30 Classical Indian Dance (Anusha)<br>6:00-10:00 Classical Indian Music (Anu Ganesh)  |  |
| <b>15</b>  | <b>16</b><br>6:00-7:00 Nia (Amy) | <b>17</b><br>8:15-9:15 Nia (Shayne)<br>5:30-7:00 MM Dance Jam! (Pamla)<br>7:30-9:00 Scottish Dance (Beg) (Vicky)<br>8:00-9:30 Scottish Dance (Exp) (Vicky) | <b>18</b><br>6:00-7:15 Gentle Yoga (Karen)<br>7:30-9:00 Lexington Zen Meditation Group  | <b>19</b><br>8:15-9:15 Nia (Shayne)<br>11:30-1:00 Kundalini Yoga & Meditation (Tara)<br>5:00-6:00 Nia (Shayne)<br>6:00-7:15 Gentle Yoga (Jan)<br>6:30-7:30 Nia 5 Stages (Shayne) | <b>20</b><br>6:00-7:15 Health Rhythms Drumming (Caitlin) | <b>21</b><br>9:00-10:00 Nia (Shayne)<br>11:00-12:30 Classical Indian Dance (Anusha)  |  |
| <b>22</b><br>11:00-6:00 Mind Body Studio Open House & Free Class Sampler | <b>23</b><br>6:00-7:00 Nia (Amy) | <b>24</b><br>8:15-9:15 Nia (Shayne)<br>5:30-7:00 MM Dance Jam! (Pamla)<br>7:30-9:00 Scottish Dance (Beg) (Vicky)<br>8:00-9:30 Scottish Dance (Exp) (Vicky) | <b>25</b><br>6:00-7:15 Gentle Yoga (Karen)<br>7:30-9:00 Lexington Zen Meditation Group  | <b>26</b><br>8:15-9:15 Nia (Shayne)<br>11:30-1:00 Kundalini Yoga & Meditation (Tara)<br>5:00-6:00 Nia (Shayne)<br>6:00-7:15 Gentle Yoga (Jan)<br>6:30-7:30 Nia 5 Stages (Shayne) | <b>27</b><br>6:00-7:15 Health Rhythms Drumming (Caitlin) | <b>28</b><br>9:00-10:00 Nia (Shayne)<br>11:00-12:30 Classical Indian Dance (Anusha)  |  |
| <b>29</b>  | <b>30</b><br>6:00-7:00 Nia (Amy) | <b>31</b><br>8:15-9:15 Nia (Shayne)<br>5:30-7:00 MM Dance Jam! (Pamla)<br>7:30-9:00 Scottish Dance (Beg) (Vicky)<br>8:00-9:30 Scottish Dance (Exp) (Vicky) |  <p><b>Holotropic Breathwork</b><br/><a href="mailto:info@gatewaystointegralhealth.com">info@gatewaystointegralhealth.com</a><br/><a href="http://gatewaystointegralhealth.com">gatewaystointegralhealth.com</a><br/>Regina Forster MD<br/>859.351.1310<br/>Andreas Schmitz PhD<br/>859.494.6362</p> |  |  |  <p>Lexington Zen Center<br/><a href="http://lexingtonzencenter.org">lexingtonzencenter.org</a></p>  |  |



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**Metta Yoga (Gentle)**  
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**Kundalini & Prenatal Yoga & Meditation**  
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**Nia & Nia 5 Stages**  
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