

C4PT Regular Offerings
January 2010
Ongoing Classes and Events at C4PT
860-649-9600 www.c4pt.org

SUNDAYS			
MONDAYS	Every 2nd Monday	7:30 AM	Laughter Yoga Mylène Poitras 860-538-4724
TUESDAYS	Every Tuesday	7:00 PM	Patanjali-Hath Yog Yoga for You 860.732.2512 !NEW!
	Every Tuesday	Noon	Tai Chi with George Hoffman 860-742-5892 !NEW! 8 wks \$72
WEDNESDAYS	Every Wednesday	7:30a	Tai Chi with George Hoffman 860-742-5892 !NEW! 8 wks \$72
	Time Out Wednesdays 860- 538-4724	7:00 PM	1 st Wednesday FREE Health or wellness topic 2 nd Wednesday – Laughter Yoga 3 rd Wednesday – Transformational Book Club 4 th Wednesday – C4PT Community Meeting 5 th Wednesday – Social evening theme TBA
THURSDAYS	Every Thursday	5:30 PM	Bollywood Dance Rina 860-643-2054
	Every Thursday	7 PM	Meditation Time Mylene 860-538-4724
FRIDAYS	Every Friday	5:30 PM	Classical Dance From India Rina 860-643-2054
	Every 3 rd Friday		The Guild Lecture 860-875-7257
	Every 4 th Friday		Sauna –Sweat – Jim Cowles 860.916.2775 !RETURNING!
SATURDAYS	Every 2 nd Saturday	7PM	Dance La Vie: An evening of freestyle dance 860 538-4724