

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MIKKY DAUB: YOGA



YOGA:

Mon 6pm

Weds 6pm

Sat 2pm



DARRYL SELLERS: ZUMBA

ZUMBA

Mon 7pm

Weds 7pm

Thurs 6:30pm

Sat 9:30am

MEDITATION & SOUND THERAPY

Mon 5pm

Weds 5pm

Sat 4 & 5pm



LADONNA FUNDERBURKE: MEDITATION

» CULTURAL WELLNESS CENTER «

STEPPING INTO WELLNESS

New instructional videos on Tuesdays

Coming soon in person at the Midtown Global Market

Tues 5:30-7:30

Thurs 5:30-7:30



JMOST, ALVENA RICHBURG & THE COMMAND STEPPERS



» WEEKLY CLASSES «

all classes online unless otherwise noted

CRANIOSACRAL

Instructional videos online

Coming soon at the Clinic

Wednesdays by appointment



CASPIAN WIRTH-PETRIK: CRANIOSACRAL

Learn more about our offerings and events, and register for classes on our Facebook page!
www.facebook.com/culturalwellnesscenter



Cultural Wellness Center

Health · Heritage · Harmony

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