











Class Schedule (Beaverton)

B.E.S.T.	Organ Detoxification & Accumulation	Meridian Stretching Deep Relaxation & Energy Breathing	Meridian Stretching Deep Relaxation & Energy Breathing		Brain Wave Vibration & Energy Training	
Day Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00-10:15am						
7:15 - 8:30pm						

Tao Holistic Yoga Beaverton 503-866-2173

	Mo	Tu	We	Th	Fri	Sat
8:00-10:15am						
7:15-8:30 pm						

 Organ Detox  Meridian Stretching  Stress Relief