

# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>HAPPY NEW YEAR!!!</b>	2	3	4	5	6
7	8 <b>SK 9 - 2 Sw/Am 6 - 10</b>	9 Sw/Am 6 - 10	10 SK 9 - 2 Sw/Am 6 - 10	11 Sw/Am 6 - 10	12	13
14	15 <b>MLK Day</b> SK 9 - 2 <b>Office/Chair 9 - 2</b> Sw/Am 6 - 10	16 <b>Deep Tissue 9 - 2</b> Sw/Am 6 - 10	17 SK 9 - 2 Office/Chair 9 - 2 Sw/Am 6 - 10	18 Deep Tissue 9 - 2 Sw/Am 6 - 10	19	20 <b>Lymph Drainage 9-4</b>
21 Lymph Drainage 9-4	22 SK 9 - 2 Office/Chair 9 - 2 <b>Headaches 6 - 10</b> Sw/Am 6 - 10	23 Deep Tissue 9 - 2 Sw/Am 6 - 10	24 SK 9 - 2 <u>Office/Chair 9 - 2</u> Headaches 6 - 10 Sw/Am 6 - 10	25 Deep Tissue 9 - 2 Sw/Am 6 - 10	26	27 Lymph Drainage 9-4
28 <u>Lymph Drainage 9-4</u>	29 SK 9 - 2 <u>Headaches 6 - 10</u> Sw/Am 6 - 10	30 Deep Tissue 9 - 2 Sw/Am 6 - 10	31 SK 9 - 2 Sw/Am 6 - 10			

# February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Deep Tissue 9-2 Sw/Am 6-10	2	3 Anat/Phys 9-5 Acupressure 9 -5
4 Anat/Phys 9-5 Acupressure 9 -5	5 S/K 9-2 Craniosacral 9-3 Sw/Am 6-10	6 Deep Tissue 9-2 Cupping 9-3 Sw/Am 6-10	7 S/K 9-2 Craniosacral 9-3 Sw/Am 6-10	8 Deep Tissue 9-2 Cupping 9-3 Sw/Am 6-10	9	10 Anat/Phys 9-5 Acupressure 9 -5
11 Anat/Phys 9-5 <u>Acupressure 9 -5</u>	12 S/K 9-2 Craniosacral 9-3 Oncology/Hosp 6-10 Sw/Am 6-10	13 Deep Tissue 9-2 Cupping 9-3 Sw/Am 6-10	14 <b>Valentine's Day</b> <u>S/K 9-2</u> Craniosacral 9-3 Oncology/Hosp 6-10 Sw/Am 6-10	15 Deep Tissue 9-2 Cupping 9-2 Sw/Am 6-10	16	17 Anat/Phys 9-5 Myofascial Rel 9-4
18 <u>Anat/Phys 9-5</u> Myofascial Rel 9-4	19 <b>President's Day</b> <u>Craniosacral 9-1</u> Oncology/Hosp 6-10 Sw/Am 6-10	20 Deep Tissue 9-2 <u>Cupping 9-2</u> Sw/Am 6-10	21 Oncology/Hosp 6-10 Sw/Am 6-10	22 Deep Tissue 9-2 Sw/Am 6-10	23	24 Adv. Pranic 9-5 Myofascial Rel 9-4
25 <u>Adv. Pranic 9-5</u> <u>Myofascial Rel 9-4</u>	26 <u>Oncology/Hosp 6-10</u> Sw/Am 6-10	27 Deep Tissue 9-1 <u>Sw/Am 6-10</u>	28	29 Deep Tissue 9-1		

# March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
<b>Pathology 9-4</b>	<b>Lomi Lomi 9-2</b> <b>Sports 6-10</b> <b>Business 6-10</b>	<u>Deep Tissue 9-1</u> <b>Thai 9-2</b> <b>Reflexology 6-10</b>	Lomi Lomi 9-2 Sports 6-10 Business 6-10	Thai 9-2 Reflexology 6-10		<b>Pranic 9-4</b>
10	11	12	13	14	15	16
Pathology 9-4 Pranic 9-4	Lomi Lomi 9-2 Sports 6-10 Business 6-10	Thai 9-2 Reflexology 6-10	Lomi Lomi 9-2 Sports 6-10 Business 6-10	Thai 9-2 Reflexology 6-10		<b>Sw/Am 9-5</b> <u>Pranic 9-3</u>
<b>St. Patrick's Day</b> 17	18	<b>Spring Equinox</b> 19	20	21	22	23
Sw/Am 9-5 Pathology 9-4	<u>Lomi Lomi 9-1</u> <b>Aromatherapy 9-3</b> Sports 6-10 Business 6-10	<b>Prenatal/Infant 9-2</b> Thai 9-2 Reflexology 6-10	Aromatherapy 9-3 Sports 6-10 <u>Business 6-10</u>	Prenatal/Infant 9-2 Thai 9-2 Reflexology 6-10		Sw/Am 9-5
24	25	26	27	28	29	30
Sw/Am 9-5 <u>Pathology 9-4</u>	Aromatherapy 9-3 <b>Body Mechanics 6-10</b> Sports 6-10	Prenatal/Infant 9-2 Thai 9-2 <u>Reflexology 6-10</u>	<u>Aromatherapy 9-3</u> Body Mechanics 6-10 Sports 6-10	Prenatal/Infant 9-2 <u>Thai 9-2</u>		
<b>Easter</b> 31						

# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Body Mechanics 6-10 Sports 6-10	2 <u>Prenatal/Infant 9-1</u>	3 Body Mechanics 6-10 Sports 6-10	4	5	6 Sw/Am 9-5 <b>Nutrition 9-5</b>
7 Sw/Am 9-5 <b>Vital Energy 9-4</b>	8 <b>Headaches 9-3</b> <u>Body Mechanics 6-10</u> Sports 6-10	9 <b>Fibromyalgia 9-2</b> <b>Lymph Drainage 6-10</b>	10 <u>Headaches 9-3</u> <u>Sports 6-10</u>	11 Fibromyalgia 9-2 Lymph Drainage 6-10	12	13 Sw/Am 9-5 Nutrition 9-5
14 Sw/Am 9-5 Vital Energy 9-4	15 <b>Hot Stone 6-10</b>	16 Fibromyalgia 9-2 Lymph Drainage 6-10	17 <b>Magnets 9-5</b> Hot Stone 6-10	18 <u>Fibromyalgia 9-2</u> Lymph Drainage 6-10	19	20 Sw/Am 9-5 <u>Nutrition 9-5</u>
21 Sw/Am 9-5 Vital Energy 9-4	22 <b>Shiatsu/Tuina 9-2</b> Hot Stone 6-10	23 Lymph Drainage 6-10	24 Shiatsu/Tuina 9-2 Hot Stone 6-10	25 Lymph Drainage 6-10	26	27 Sw/Am 9-5 <b>Spa 9-3</b>
28 Sw/Am 9-5 <u>Vital Energy 9-4</u>	29 Shiatsu/Tuina 9-2 <u>Hot Stone 6-10</u>	30 <u>Lymph Drainage 6-10</u>				

# May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Shiatsu/Tuina 9-2</u>	2	3	4 Sw/Am 9-5 Spa 9-3
5 Sw/Am 9-5	6 <b>Sw/Am 9-2</b>	7 Sw/Am 9-2 <b>Anat/Phys 9-3</b> <b>Cupping 6-10</b> <b>Body Mechanics 6-10</b>	8 Sw/Am 9-2	9 Sw/Am 9-2 Anat/Phys 9-3 Cupping 6-10 Body Mechanics 6-10	10	11 <u>Sw/Am 9-5</u> Spa 9-3
12 <b>Mother's Day</b>	13 Sw/Am 9-2	14 Sw/Am 9-2 Anat/Phys 9-3 Cupping 6-10 Body Mechanics 6-10	15 Sw/Am 9-2	16 Sw/Am 9-2 Anat/Phys 9-3 Cupping 6-10 Body Mechanics 6-10	17	18 <u>Spa 9-3</u>
19	20 Sw/Am 9-2	21 Sw/Am 9-2 Anat/Phys 9-3 Cupping 6-10 <u>Body Mechanics 6-10</u>	22 Sw/Am 9-2	23 Sw/Am 9-2 Anat/Phys 9-3 Cupping 6-10	24	25
26	27 <b>Memorial Day</b>	28 Sw/Am 9-2 Anat/Phys 9-3 <u>Cupping 6-10</u>	29 Sw/Am 9-2	30 Sw/Am 9-2 <u>Anat/Phys 9-3</u>	31	

# June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Sw/Am 9-2 3	Sw/Am 9-2 4	Sw/Am 9-2 5	Sw/Am 9-2 6	7	8 Pranic 9-5
Pranic 9-5 9	Sw/Am 9-2 10 Office/Chair 6-10	Sw/Am 9-2 11 Sports 6-10	Sw/Am 9-2 12 Office/Chair 6-10	Sw/Am 9-2 13 Sports 6-10	14	15 Pranic 9-4
Father's Day 16	Sw/Am 9-2 17 Office/Chair 6-10	Sports 6-10 18	Juneteenth 19 Office/Chair 6-10	Summer Solstice 20	21	22
23	Office/Chair 6-10 24	Sports 6-10 25	26	Sports 6-10 27	28	29
30						

# July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Sports 6-10	3	4 <b>Independence Day</b>	5	6
7	8	9 <b>Reflexology 9-2</b> <b>Nutrition 9-3</b> Sports 6-10	10	11 Reflexology 9-2 Nutrition 9-3 Sports 6-10	12	13 <b>SK/DT 9-6</b>
14 SK/DT 9-6	15 <b>Headaches 9-3</b> <b>Acupressure 9-3</b> <b>Pathology 6-10</b> <b>Sw/Am 6-10</b>	16 Reflexology 9-2 Nutrition 9-3 Sw/Am 6-10 Sports 6-10	17 <u>Headaches 9-3</u> Acupressure 9-3 Pathology 6-10 Sw/Am 6-10	18 Reflexology 9-2 <u>Nutrition 9-3</u> Sw/Am 6-10 Sports 6-10	19	20 SK/DT 9-6
21 SK/DT 9-6	22 Acupressure 9-2 Pathology 6-10 Sw/Am 6-10	23 Reflexology 9-1 Sw/Am 6-10 Sports 6-10	24 Acupressure 9-2 Pathology 6-10 Sw/Am 6-10	25 <u>Reflexology 9-1</u> Sw/Am 6-10 <u>Sports 6-10</u>	26	27 SK/DT 9-6
28 SK/DT 9-6	29 Acupressure 9-2 Pathology 6-10 Sw/Am 6-10	30 Sw/Am 6-10	31 <u>Acupressure 9-2</u> Pathology 6-10 Sw/Am 6-10			

# August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Sw/Am 6-10	2	3 <b>Craniosacral 9-4</b> <b>Shiatsu/Tuina 9-4</b> SK/DT 9-6
4 Craniosacral 9-4 SK/DT 9-6	5 <b>Myofascial Rel 9-2</b> <u>Pathology 6-10</u> Sw/Am 6-10	6 <b>Lymph Drainage 9-2</b> Sw/Am 6-10	7 Myofascial Rel 9-2 <b>Aromatherapy 6-10</b> Sw/Am 6-10	8 Lymph Drainage 9-2 Sw/Am 6-10	9	10 Craniosacral 9-4 Shiatsu/Tuina 9-4 SK/DT 9-6
11 <u>Craniosacral 9-4</u> SK/DT 9-6	12 Myofascial Rel 9-2 Aromatherapy 6-10 Sw/Am 6-10 <b>Massage Cupping 9-2</b>	13 Lymph Drainage 9-2 <b>Lomi Lomi 6-10</b> Sw/Am 6-10 <b>Business 6-10</b>	14 Myofascial Rel 9-2 Aromatherapy 6-10 Sw/Am 6-10 Massage Cupping 9-2	15 Lymph Drainage 9-2 Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10	16	17 <b>Magnets 9-5</b> <u>Shiatsu/Tuina 9-3</u> SK/DT 9-6
18 SK/DT 9-6	19 Myofascial Rel 9-1 Sw/Am 6-10 Massage Cupping 9-2	20 Lymph Drainage 9-1 Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10	21 <u>Myofascial Rel 9-1</u> Aromatherapy 6-10 Sw/Am 6-10 Massage Cupping 9-2	22 <u>Lymph Drainage 9-1</u> Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10	23	24 SK/DT 9-6
25 SK/DT 9-6	26 Aromatherapy 6-10 Sw/Am 6-10 Massage Cupping 9-2	27 Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10	28 <u>Aromatherapy 6-10</u> Sw/Am 6-10 <u>Massage Cupping 9-2</u>	29 <u>Lomi Lomi 6-10</u> Sw/Am 6-10 <u>Business 6-10</u>	30	31



# September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<b>Labor Day</b> 2	3 Sw/Am 6-10	4 <u>Sw/Am 6-10</u>	5	6	7 Fibromyalgia 9-4 Thai 9-5 <u>SK/DT 9-6</u>
8 Thai 9-5	9	10 Body Mechanics 9-2 Anat/Phys 6-10	11	12 Body Mechanics 9-2 Anat/Phys 6-10	13	14 Fibromyalgia 9-4 Thai 9-5 Hot Stone 9-4
15 Thai 9-5	16 Sw/Am 9-2	17 Sw/Am 9-2 Body Mechanics 9-2 Anat/Phys 6-10	18 Sw/Am 9-2	19 Sw/Am 9-2 <u>Body Mechanics 9-2</u> Anat/Phys 6-10	20	21 <u>Fibromyalgia 9-3</u> <u>Thai 9-5</u> Hot Stone 9-4
<b>Fall Equinox</b> 22	23 Sw/Am 9-2 Oncology/Hosp 6-10	24 Sw/Am 9-2 Anat/Phys 6-10	25 Sw/Am 9-2 Oncology/Hosp 6-10	26 Sw/Am 9-2 Anat/Phys 6-10	27	28 <u>Hot Stone 9-3</u>
29	30 Sw/Am 9-2 Oncology/Hosp 6-10					

# October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Sw/Am 9-2 <b>Business 9-3</b> Anat/Phys 6-10	2 Sw/Am 9-2 Oncology/Hosp 6-10 <b>Acupressure 6-10</b>	3 Sw/Am 9-2 Business 9-3 Anat/Phys 6-10	4	5 <b>Headaches 9-3</b> <b>Prenatal/Infant 9-5</b>
6 <u>Headaches 9-3</u>	7 Sw/Am 9-2 <b>Aromatherapy 9-2</b> Acupressure 6-10 <b>SK 6-10</b> <u>Oncology/Hosp 6-10</u>	8 Sw/Am 9-2 Business 9-3 Anat/Phys 6-10	9 Sw/Am 9-2 Aromatherapy 9-2 Acupressure 6-10 SK 6-10	10 Sw/Am 9-2 <u>Business 9-3</u> Anat/Phys 6-10	11	12 Prenatal/Infant 9-5
13 <b>Office/Chair 9-4</b>	<b>Columbus Day 14</b> Sw/Am 9-2 Aromatherapy 9-2 Acupressure 6-10 SK 6-10	15 Sw/Am 9-2 Anat/Phys 6-10 <b>Deep Tissue 6-10</b>	16 Sw/Am 9-2 Aromatherapy 9-2 Acupressure 6-10 SK 6-10	17 Sw/Am 9-2 <u>Anat/Phys 6-10</u> Deep Tissue 6-10	18	19 <u>Prenatal/Infant 9-5</u> <b>Adv. Pranic 9-5</b>
20 Office/Chair 9-4 <u>Adv. Pranic 9-5</u>	21 Sw/Am 9-2 <u>Aromatherapy 9-1</u> SK 6-10	22 Sw/Am 9-2 Deep Tissue 6-10	23 Sw/Am 9-2 Acupressure 6-10 SK 6-10	24 <u>Sw/Am 9-2</u> Deep Tissue 6-10	25	26 <b>Sw/Am 9-5</b>
27 <u>Office/Chair 9-3</u> Sw/Am 9-5	28 Acupressure 6-10 SK 6-10	29 <b>Sports 9-3</b> Deep Tissue 6-10	30 <u>Acupressure 6-10</u> SK 6-10	<b>Halloween 31</b> Sports 9-3		

# November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Sw/Am 9-5 <b>Body Mechanics 9-4</b>
3 Sw/Am 9-5 <b>Cupping 9-4</b>	4 <b>Nutrition 6-10</b> SK 6-10	5 Sports 9-3 <b>Spa 6-10</b> Deep Tissue 6-10	6 Nutrition 6-10 SK 6-10	7 Sports 9-3 Spa 6-10 Deep Tissue 6-10	8	9 Sw/Am 9-5 Body Mechanics 9-4
10 Sw/Am 9-5 Cupping 9-4	<b>Veterans Day</b> 11 Nutrition 6-10 SK 6-10	12 <b>Pathology 9-3</b> Sports 9-3 Spa 6-10 Deep Tissue 6-10	13 Nutrition 6-10 SK 6-10	14 Pathology 9-3 Sports 9-3 Spa 6-10 Deep Tissue 6-10	15	16 Sw/Am 9-5 <u>Body Mechanics 9-3</u>
17 Sw/Am 9-5 Cupping 9-4	18 Nutrition 6-10 SK 6-10	19 Pathology 9-3 Sports 9-3 Spa 6-10 Deep Tissue 6-10	20 <u>Nutrition 6-10</u> SK 6-10	21 Pathology 9-2 <u>Sports 9-3</u> <u>Spa 6-10</u> Deep Tissue 6-10	22	23 Sw/Am 9-5
24 Sw/Am 9-5 <u>Cupping 9-4</u>	25 <u>SK 6-10</u>	26 <u>Pathology 9-1</u> Deep Tissue 6-10	27	<b>Thanksgiving Day</b> 28	29	30

# December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>Craniosacral 9-3</b>	3 <b>Myofascial Rel 9-2</b> <b>Vital Energy 9-2</b> Deep Tissue 6-10	4 Craniosacral 9-3 <b>Pranic 6-10</b>	5 Myofascial Rel 9-2 Vital Energy 9-2 Deep Tissue 6-10	6	7 Sw/Am 9-5 <b>Reflexology 9-4</b>
8 Sw/Am 9-5 Reflexology 9-4	9 Craniosacral 9-3 Pranic 6-10	10 Myofascial Rel 9-2 Vital Energy 9-2 Deep Tissue 6-10	11 Craniosacral 9-2 Pranic 6-10	12 Myofascial Rel 9-2 Vital Energy 9-2 Deep Tissue 6-10	13	14 Sw/Am 9-5 Reflexology 9-4
15 Sw/Am 9-5 <u>Reflexology 9-4</u>	16 <u>Craniosacral 9-2</u>	17 Myofascial Rel 9-1 Vital Energy 9-1 Deep Tissue 6-10	18 Pranic 6-10	19 <u>Myofascial Rel 9-1</u> <u>Vital Energy 9-1</u> <u>Deep Tissue 6-10</u>	20	21 <u>Sw/Am 9-5</u> <b>Magnets 9-5</b>
22	23 <u>Pranic 6-10</u>	24	25 <b>MERRY CHRISTMAS!!!</b>	26	27	28
29	30	31				