

JANUARY 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|---|--|---|---|--------|---------------------------------|
| | 1 HAPPY NEW YEAR!!! | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 SK 9 - 2 Sw/Am 6 - 10 | 9 Sw/Am 6 - 10 | 10 SK 9 - 2 Sw/Am 6 - 10 | 11 Sw/Am 6 - 10 | 12 | 13 |
| 14 | 15 MLK Day SK 9 - 2 Office/Chair 9 - 2 Sw/Am 6 - 10 | 16 Deep Tissue 9 - 2 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 Lymph Drainage 9-4 |
| 21 Lymph Drainage 9-4 | 22 SK 9 - 2 Office/Chair 9 - 2 Headaches 6 - 10 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 | Valentine's Day 14 <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 | President's Day 19 <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 |
| Pathology 9-4 | Lomi Lomi 9-2 Sports 6-10 Business 6-10 | <u>Deep Tissue 9-1</u> Thai 9-2 Reflexology 6-10 | Lomi Lomi 9-2 Sports 6-10 Business 6-10 | Thai 9-2 Reflexology 6-10 | | Pranic 9-4 |
| 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 | | Sw/Am 9-5 <u>Pranic 9-3</u> |
| St. Patrick's Day 17 | 18 | Spring Equinox 19 | 20 | 21 | 22 | 23 |
| Sw/Am 9-5 Pathology 9-4 | <u>Lomi Lomi 9-1</u> Aromatherapy 9-3 Sports 6-10 Business 6-10 | Prenatal/Infant 9-2 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 Body Mechanics 6-10 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> | | |
| Easter 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 Nutrition 9-5 |
| 7 Sw/Am 9-5 Vital Energy 9-4 | 8 Headaches 9-3 <u>Body Mechanics 6-10</u> Sports 6-10 | 9 Fibromyalgia 9-2 Lymph Drainage 6-10 | 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 Hot Stone 6-10 | 16 Fibromyalgia 9-2 Lymph Drainage 6-10 | 17 Magnets 9-5 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 Shiatsu/Tuina 9-2 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 Spa 9-3 |
| 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 Sw/Am 9-2 | 7 Sw/Am 9-2 Anat/Phys 9-3 Cupping 6-10 Body Mechanics 6-10 | 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 Mother's Day | 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 Memorial Day | 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 <u>Pranic 9-4</u> |
| Father's Day 16 | <u>Sw/Am 9-2</u> Office/Chair 6-10 17 | Sports 6-10 18 | Juneteenth 19 Office/Chair 6-10 | Summer Solstice 20 | 21 | 22 |
| 23 | <u>Office/Chair 6-10</u> 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 9-4 | 3 | 4 Independence Day | 5 | 6 |
| 7 | 8 | 9 Reflexology 9-2 Nutrition 9-3 Sports 6-10 | 10 | 11 Reflexology 9-2 Nutrition 9-3 Sports 6-10 | 12 | 13 SK/DT 9-6 |
| 14 SK/DT 9-6 | 15 Headaches 9-3 Acupressure 9-3 Pathology 6-10 Sw/Am 6-10 | 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 Craniosacral 9-4 Shiatsu/Tuina 9-4 SK/DT 9-6 |
| 4 Craniosacral 9-4 SK/DT 9-6 | 5 Myofascial Rel 9-2 <u>Pathology 6-10</u> Sw/Am 6-10 | 6 Lymph Drainage 9-2 Sw/Am 6-10 | 7 Myofascial Rel 9-2 Aromatherapy 6-10 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 | 13 Lymph Drainage 9-2 Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10 | 14 Myofascial Rel 9-2 Aromatherapy 6-10 Sw/Am 6-10 | 15 Lymph Drainage 9-2 Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10 | 16 | 17 Magnets 9-5 <u>Shiatsu/Tuina 9-3</u> SK/DT 9-6 |
| 18 SK/DT 9-6 | 19 Myofascial Rel 9-1 Sw/Am 6-10 | 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 | 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 | 27 Lomi Lomi 6-10 Sw/Am 6-10 Business 6-10 | 28 <u>Aromatherapy 6-10</u> Sw/Am 6-10 | 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 | Labor Day 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 Hot Stone 9-2 | 10 Body Mechanics 9-2 Anat/Phys 6-10 | 11 Hot Stone 9-2 | 12 Body Mechanics 9-2 Anat/Phys 6-10 | 13 | 14 Fibromyalgia 9-4 Thai 9-5 |
| 15 Thai 9-5 | 16 Sw/Am 9-2 Hot Stone 9-2 | 17 Sw/Am 9-2 Body Mechanics 9-2 Anat/Phys 6-10 | 18 Sw/Am 9-2 <u>Hot Stone 9-2</u> | 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> |
| Fall Equinox 22 | 23 Sw/Am 9-2 Oncology/Hosp 9-2 | 24 Sw/Am 9-2 Anat/Phys 6-10 | 25 Sw/Am 9-2 Oncology/Hosp 9-2 | 26 Sw/Am 9-2 Anat/Phys 6-10 | 27 | 28 |
| 29 | 30 Sw/Am 9-2 Oncology/Hosp 9-2 | | | | | |

October 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--------|--|
| | | 1 Sw/Am 9-2 Business 9-3 Anat/Phys 6-10 | 2 Sw/Am 9-2 <u>Oncology/Hosp 9-2</u> Acupressure 6-10 | 3 Sw/Am 9-2 Business 9-3 Anat/Phys 6-10 | 4 | 5 Headaches 9-3 Prenatal/Infant 9-5 |
| 6 <u>Headaches 9-3</u> | 7 Sw/Am 9-2 Aromatherapy 9-2 Acupressure 6-10 SK 6-10 | 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 Office/Chair 9-4 | Columbus Day 14 Sw/Am 9-2 Aromatherapy 9-2 Acupressure 6-10 SK 6-10 | 15 Sw/Am 9-2 Anat/Phys 6-10 Deep Tissue 6-10 | 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> Adv. Pranic 9-5 |
| 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 Sw/Am 9-5 |
| 27 <u>Office/Chair 9-3</u> Sw/Am 9-5 | 28 Acupressure 6-10 SK 6-10 | 29 Sports 9-3 Deep Tissue 6-10 | 30 <u>Acupressure 6-10</u> SK 6-10 | Halloween 31 Sports 9-3 | | |

November 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|---|--|--|---|--------|--|
| | | | | | 1 | 2 Sw/Am 9-5 Body Mechanics 9-4 |
| 3 Sw/Am 9-5 Cupping 9-4 | 4 Nutrition 6-10 SK 6-10 | 5 Sports 9-3 Spa 6-10 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 | Veterans Day 11 Nutrition 6-10 SK 6-10 | 12 Pathology 9-3 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 | Thanksgiving Day 28 | 29 | 30 |

December 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------------------|---|---|---|--------|--|
| 1 | 2 Craniosacral 9-3 | 3 Myofascial Rel 9-2 Vital Energy 9-2 Deep Tissue 6-10 | 4 Craniosacral 9-3 Pranic 6-10 | 5 Myofascial Rel 9-2 Vital Energy 9-2 Deep Tissue 6-10 | 6 | 7 Sw/Am 9-5 Reflexology 9-4 |
| 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> Magnets 9-5 |
| 22 | 23 <u>Pranic 6-10</u> | 24 | 25 MERRY CHRISTMAS!!! | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |