



Dr Pea's Wellness Series:



Upcoming Events Feb & Mar '09

"Rubbed The Right Way" • Tues Feb 24 7 – 8:30 pm

Bring your partner or good friend and learn 2 – 3 effective and gentle techniques and acupressure points to eliminate headaches, relieve neck tension and promote deeper sleep. Dr. Tawada, DOM, LAc. and Sarah Farwell, RMT, will demonstrate and guide you so that you and your partner can "rub each other the right way".

Call Dr Pea's to register for this free wellness class

Healing Chi Gong Class • **Mon Mar 2 – Apr 27 7 – 8:15 pm** (no class 3/30)

Chi Gong is a simple yet profound movement practice from Asia that involves relaxed breathing and slow movements to circulate vital energy throughout your body, counter fatigue, and release tension.

\$130 (\$120 if register by Feb. 26) \$16 single class
Registration recommended
First class free (space permitting)
Note location: Soma Vida 1210 Rosewood Ave
(somavidaaustin.com)

"Cleaned Your Pipes Lately?" Wed Mar 11 7 – 8:00 pm

Spring is right around the corner and the optimal time to cleanse and detoxify your organs, particularly your liver. Demystify the art of cleansing and detoxification by attending a free talk by Paddy Tawada, DOM, LAc. on safe and sensible ways to have more vitality, improve your digestion, and maintain or lose weight. Options for 7, 14 and 21 day cleanses will be discussed.

Call Dr Pea's to register for this free wellness class

Except for Chi Gong classes, all events are held at Dr. Pea's Active Health Center.
Limited seating so call us now to reserve your spot.



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