

Dr. Ruth Ziemba

1515 Palisades Drive, Suite P

Pacific Palisades, CA 90272,

Integral Wisdom Healing Arts

Specialized tissue work On Fridays* with Dr. Ruth

*Must attend one "Nervous System Class" session for drop-in eligibility

Classes taught on donation basis...suggested donation \$16.00

T 310.459.4488

www.integral-wisdom.com



RSVP Yoga M & W 11:15 AM & Sat. 9 AM please call (310) 266- 0670 to reserve spot

March 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed	2 10 AM – 2 PM 3 PM – 6:30 PM	3 10 AM – 2 PM 3 PM – 6:30 PM	4 Office Closed Yoga 6:45 PM	5 Office Closed	6 Yoga 10:30AM Office Closed
7 Day of Rest	8 Office Closed	9 10 AM – 2 PM 3 PM – 6:30 PM	10 Office Closed	11 10 AM – 2 PM 3 PM – 6:30 PM Yoga 6:45 PM	12 Drop-In Hours 7 AM – 11 AM 12 PM – 4 PM	13 Drop-In Hours 8 AM – 10:30AM Yoga 10:30AM 12 PM-2 PM Nervous System Class
14 Day of Rest	15 Office Closed	16 10 AM – 2 PM 3 PM – 6:30 PM	17 4 PM – 5 PM 6 PM – 8 PM Nervous System Class	18 10 AM – 2 PM 3 PM – 6:30 PM Yoga 6:45 PM	19 Drop-In Hours 7 AM – 11 AM 12 PM – 4 PM	20 Yoga 10:30AM Office Closed
21 Day of Rest	22 Office Closed	23 10 AM – 2 PM 3 PM – 6:30 PM	24 4 PM – 5 PM 6 PM – 8 PM Detox Class	25 10 AM – 2 PM 3 PM – 6:30 PM Yoga 6:45 PM	26 Drop-In Hours 7 AM – 11 AM 12 PM – 4 PM	27 Drop-In Hours 8 AM – 10:30 AM Yoga 10:30AM 12 PM – 2 PM
28 Day of Rest	29 Office Closed	30 10 AM – 2 PM 3 PM – 6:30 PM	31 Office Closed			