



Weekly on Mondays 11:15a - 11:45a **Centering Prayer** with Brigid's Place.

Weekly on Thursdays 12p-1p The 4/16 10a-12p **Conspire, Exploring Spiritual Practice** with Brooke Summers-Perry \$10

Tue 4/26 10:45a-11:45a **Dance for Life** with Marie Gustin (6 weeks) \$17/class

Thu 4/28 5:30p-6:45p **Dance for Life** with Marie Gustin (6 weeks) \$17/class

Tue 5/3 12p-1p **Wisdom, Jesus, and the Timeless Path of Transformation** with Lisa Bonner (8 weeks) \$120

Sun 5/1 1p-5p **Empathy and the Art of Connection** with Bren Hardt \$60

Sat 5/7 12p-1p **YogaMass™** with Rev. Gena Davis

Sat 5/7 1:30p-3:30p **Guided Labyrinth Walk** with Sarah Gish \$10

Sat 5/14 6p-8p **Meditation for Charity (Engineers Without Borders)** with Michael Perkola \$15 suggested donation

Thu 5/19 5p-7p **Happy(er) Hour** A social gathering and intro to the Hines Center

Fri 5/20 12p-1p **Words of Wisdom (WOW) Talk** with Sarah Gish \$10

Mon-Thu 6/6-6/9 9a-12p **When Mama's Happy Camp** with Hines Center Teachers \$60 (reduced rate for families also participating in VBS at Christ Church Cathedral)

Wed 6/8 6:30p-8p **When Mama's Happy Camp, Evening Edition** with Hines Center Teachers (4 weeks) \$10/session

Ongoing Weekly Movement Classes	
Yoga - Hatha \$15/class*	Mon and Wed 7:30a - Nicholas Auger Mon at 10:45a - Mariana Acosta Wed 1p-2p - Mariana Acosta Friday 5:30p - Mariana Acosta
Yoga - Beg. Friendly Flow \$15 class*	Tue and Thu 1p-2p - Mary Williams Tue 6:45p - Mary Williams
Yoga - Open Level Flow \$15 class*	Mon and Tue 5:30p - Warren Andrade starting June 6
Yoga - Open Level Hamsa \$15/class*	Tue and Thu 4:30p - Stacey Ramsower
Yoga - With Extended Meditation \$15/class*	Mon 12p - Amanda Field
Yoga - Intermediate Level Flow \$15/class*	Fri 12p - Amanda Field
Yoga - Moving Into Prayer \$10/class	Wed 11:30 Susan Grace Alonso
Tai Chi \$15/class*	Tue and Fri 11a - Huy Ho Wed 6:45p - Huy Ho
Qi Gong Conditioning \$15/class*	Sat 10a - Huy Ho
*reduced prices available with packages of passes and monthly plans. Verify schedule and register online to be kept up to date on changes or cancellations due to weather.	

Located at Fannin and Prairie, entrance on Prairie.
Free Parking in the Cathedral Garage on the 500 block of San Jacinto
713-590-3302
hinescenter.org