EVENT' S IN APRIL
Sign up Now!!!

March 28th - Tae Kwon Do
April 7th - Prenatal Yoga Starting
April 5th & 12th - Homeopathy Course
April 11th - Flower Essence Information Session
April 13th - Flower Essence Day Trip
April 26th – Practice on Your Own Yoga

Tae Kwon Do for Children

Starting March 28th, Houna Holistic Center will be offering children a Tae Kwon Do class. It is open for children of all ages. The class will run for 1 ½ and it will be scheduled on Friday from 6:00 to 7:30. For those interested, please call now 03-676 285 or 03-936350 to book a place.

Prenatal Yoga @ Houna

Starting April 7th, a prenatal yoga class will be offered at Houna Holistic Center. It is open to all pregnant women interested in taking yoga designed for their condition. The class will run for 1 ½ and it will be scheduled on Monday from 6:00 to 7:30 and Saturday from 11:30 to 1:00. For those interested, please call us now at 03-676 285 or 03-936350 to book a place.

HOMEOPATHY in Beirut

A short, ***introductory course***, for those with some knowledge already or complete beginners. The course will cover the background and philosophy of homeopathy, indications for approximately 20 remedies for colds and flus, upset stomachs, sore throats, common accidents and injuries, and enable you to feel confident in using them in the home.The teacher is an experienced and registered UK homeopath.

Dates: **Saturday April 5th & 12th**
Time: **12.00 pm till 6:00 pm**
Location: **Houna Holistic Centre**
Address: **7th floor, Cinema Montreal Bldg., Hamra Street.**
Cost: **$100**

To book: ring 03-936350 / 03-676 285 or email pemasanders@hotmail.com
(booking is essential to secure a place, as numbers are limited)

All the teaching will be English, and notes will be provided. Snacks and drinks will be provided.

YOGA -PRACTICE ON YOUR OWN!

Do you find difficulty in committing to a regular class? Are you too busy to make it on time? Do you feel lazy in making the trip? Come and join us for an intensive Yoga Workshop. It is aimed at learning the basic steps for practicing yoga in the comfort of your own home!

Date:	**Saturday April 26th**
Time:	**1 to 5 pm**
Place:	**Houna**
Address:	**7th floor, Cinema Montreal Bldg., Hamra Street.**
Cost:	**35$**

To book: Call 03-936350 / 03-676 285 or email us at info@hounacenter.com