



WHY MASSAGE SCHEDULE

MONDAY

6:00-9:00pm

TUESDAY

11:30-5:30pm

WEDNESDAY

12:00-7:00pm

THURSDAY

9:30am-12:00pm / 3:30-7:00pm

FRIDAY

9:00am-5:00pm

SATURDAY

9:00am-1:00pm

SUNDAY

8:30am-12:30pm

Reservations are recommended to secure your preferred date and time of treatment.

This can be done by phone or online. Additional times may be available by appointment. We will do our best to accommodate same day appointments.

westhartfordyoga
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WHY HEALING ARTS SCHEDULE

MONDAY

4:00-6:00pm ... yoga therapy
4:00-7:30pm ... craniosacral therapy

TUESDAY

10:00am-9:00pm ... zen shiatsu (1x month)
3:30-5:30pm ... shamanic healing
5:45-7:30pm ... chiropractic

WEDNESDAY

2:00-4:00pm ... yoga therapy
4:30-7:30pm ... nutritional consultations
7:15-9:00pm ... acupuncture

THURSDAY

5:00-7:30pm ... yoga therapy
7:00-9:00pm ... shamanic healing

SATURDAY

9:00am-12:00pm ... nutritional consultations
(2nd saturday each month)

Reservations are recommended to secure your preferred date and time of treatment.

This can be done by phone or online. Additional times may be available by appointment. We will do our best to accommodate same day appointments.

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