



### INTRODUCTORY CLASSES & WORKSHOPS

Updated November 2009



This lists introductory classes and workshops Neil will lead in coming months. The cross (+) indicates a full-day course entitled *Meditation, Wholeness, and the Living Planet*. Register for any of these through the contact numbers provided - and be advised that it is best to sign up early, if possible. Should you not find an event that meets your needs, please get in touch as dates and options are always being added. Neil also offers a range of corporate, organizational, and private events.

#### Weekly Classes

Mon Jan 11 - Feb 15	1:00-2:00	Monterey Centre	370-7300
Wed Jan 13 - Mar 24	1:30-2:30	UVic	www.vikesrec.uvic.ca
Wed Jan 13 - Feb 17	8:00-9:00	Monterey Centre	370-7300
Thurs Jan 28 - Mar 4	6:45-7:45	Juan de Fuca Rec	478-8384
Mon Feb 1 - Feb 22	7:00-8:30	Gordon Head	475-7100
Mon Mar 8 - Apr 19	1:00-2:00	Monterey Centre	370-7300
Wed Mar 10 - Apr 14	8:00-9:00	Monterey Centre	370-7300
Mon Apr 12 - May 3	7:00-8:30	Gordon Head	475-7100

#### One-Time Workshops

Sat Dec 5	10:00-Noon	Monterey Centre	370-7300
Sat Jan 30	1:30-4:00	Queenswood	info@neilmckinlay.com
Sat Mar 6	10:00-Noon	Monterey Centre	370-7300
Sat Mar 6	1:30-4:30	Greenglade Com. Ctr.	656-7271
Sat Apr 17	9:00-Noon	Helga Beer Yoga	370-0464
Sat May 8	1:30-4:00	Queenswood	info@neilmckinlay.com

#### All-Level Intensives

Mon Jan 4 - Fri Jan 8	9:30-12:30	Monterey Centre	370-7300
Sat Feb 27+	9:00-4:00	Royal Roads	391-2600 (ext 4801)
Sat Apr 10 - Sun Apr 11	9:00-4:30	Queenswood	info@neilmckinlay.com

*Inquire about Neil's other services:  
personal coaching | intuitive healing & guidance*