

PD Healing & Training Center

Weekly Schedule

1300 663 309



www.postdrughealing.com.au 448 Victoria St, Nth Melbourne

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February Classes

	Mon	Tue	Wed	Thu	Fri	Sat
6.30-7.30	Qi Gong	Qi Gong	Qi Gong	Qi Gong	Qi Gong	
7.30-8.30	Boxing	Boxing	Boxing	Boxing	Boxing	
10am-11am						Yoga
11am-12pm						
12pm			Tai Chi		Tai Chi	
1pm						
1.30-3pm	Controlled Relaxation		Controlled Relaxation		Controlled Relaxation	"Recreational Drugs, Natual Therapies"
2pm						
3pm						Yoga 1hr
4-5pm						Meditation
5-6pm	Tai Chi	Yoga		Yoga		
6pm						
7-8pm				Meditation	Peer Group Meeting, 1hr	
8pm						
9pm						
		Yoga		Controlled Relaxation		
		Preffered Lifestyle		Qi Gong		

Talks	Meditation
Drug Talks	Tai Chi



