

# Lumion Center

## Group Schedule

2017

8383 Wilshire Blvd Suite 228  
Beverly Hills, CA 90211



310.271.8700  
www.lumioncenter.com

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30am-12pm	<b>Sense of Purpose</b> Sterling Zielinski	<b>Yoga Nidra</b> Cassandra Carlopio	<b>Creative Writing</b> Craig Bergman	<b>Dialectical Behavioral Therapy</b> Lisa Knakal	<b>Practical Spirituality</b> Sterling Zielinski
12:30pm-2pm	<b>Improvistional Expression</b> Maureen Ganz & Lindsay Audette	<b>Family Support</b> Lisa Knakal	<b>Personal Development</b> Aaron Bernard	<b>Music &amp; Art Therapy</b> John Mews	<b>Mindfulness</b> Cat Gwynn
2:30pm-4pm	<b>3 Principles</b> Ian Howard	<b>Cognitive Behavioral Therapy</b> Melissa Garner-Lee	<b>Drama Therapy</b> Alexis Maron	<b>12-Step</b> Berkeley Davis	<b>Stress Management &amp; Happiness</b> Ian Howard