

Column1	Interest Groups continuing during summer 2016	Column2
	detailed info : iwcigmoscow@gmail.com	
	Name of Group	Days and Times
Art - Craft		
1	Matryoshka Painting Course	Weekdays, from 10.00
2	Needlework Group	Mon. 13.00-16.00
3	Sculpture	Mon thru Thu 10.00 - 13.00
4	Craft Workshops	Tue. 11.00-12.30
5	Printmaking	Fri. 10.0 - 13.00
6	Traditional Textile Russian Doll Making	Every 2nd Tuesday from 10.00 - 13.00
Body - Mind - Soul		
1	Bones for Life	Tue 12.00 - 13.30
2	Gnosis - Wisdom Lectures	Tue. 10.00-12.00
3	Sahaya Yoga Meditation <i>Group 1</i>	Thu. 11.00-12.30
4	Sahaya Yoga Meditation <i>Group 2</i>	Sun. 12.00-13.30
Family & Children		
1	International Playgroup <i>up to 3 years</i>	Tue. 10.00-12.00
Culture		

1	Discover Russian Fashion	Various
<i>Music & Dance</i>		
1	Latin Dances Group	Tue 19.00–20.00 Bachata /20.00–21.00 Salsa Sun 14.00–15.00 Bachata /15.00–16.00 Salsa Wed after 21.00 free dancing evening
2	Russian music evenings	Saturday evenings - various dates
<i>Languages</i>		
1	Russian for Beginners <i>Beginners</i>	Wed. 14:30 - 16:00 Fri. 14:30 - 16:00
2	Russian for Beginners <i>intermediate</i>	Wed. 16.30-18.00 Fri. 16.30-18.00
3	Russian Conversation-Discussion <i>Beginners</i>	Mon. 10.30-12.00 Thu. 10.30-12.00
	Russian Conversation-Discussion <i>Intermediate and Advanced</i>	Thu. 12.00-13.30
4	Spanish Conversations <i>Basic & Intermediate level</i>	Wed. 13.30-15.00