

YOGA

ESSENTIAL YOGA- This accessible class moves at a moderate pace introducing traditional yoga postures that focus on the structural alignment of the physical body. This practice strengthens and releases the body organically, uniting body, mind and spirit for health and well-being.

INTEGRAL YOGA— Combines gentle yet invigorating asanas, pranayama, meditation and chanting to help maintain optimum health and harmony for the mind, body and spirit.

KUNDALINI YOGA— This practice aims to create a flexible spine and a strong core so that you are supported from your center, decreasing the likelihood of injury on the mat and off. This yoga is especially efficacious for people suffering from chronic disorders as well as depression and anxiety. It can also be fully experience from a chair

MULTI-LEVEL YOGA —Take your mat-type yoga to the next level with more advanced movements that effectively intertwine both flexibility and strength.

POST-NATAL & BABY- This program benefits you, your baby, and the relationship together. It is specifically designed to safely help you regain abdominal and pelvic floor muscles and develop inner and outer strength. It will transfer the way you move, feel, breathe, and interact with you baby. Find time to relax together. Mommy and baby yoga will help you through the busy early months of caring for a new baby. (Registration Required & Additional Fee)

PRENATAL YOGA- This class offer a holistic approach for you and your baby. It help strengthen the uterus, the pelvic muscles, and ease many of the discomforts of pregnancy such as nausea, varicose veins, swelling and back pain. (Registration Required & Additional Fee)

RESTORATIVE YOGA- A practice that helps to reduce the effects of chronic stress. It stimulates and soothes the organs by providing a complete supportive environment for total relaxation.

VINYASA YOGA- Vinyasa is a moving yoga practice which links one asana or pose to the next, throughout the breath. Vinyasa helps to orchestrate a balance of strength and flexibility within the body, merging movement and stillness. This class is stimulating and heat-building. (Previous yoga practice required)

YOGA OFF THE FLOOR— A gentle form of yoga in a chair or standing using a chair for balance. Advocates of this practice claim this type of yoga can reduce high blood pressure & anxiety, alleviate symptoms of chronic fatigue, arthritis, MS, carpal tunnel, clinical depression and chronic pain.

PILATES

PILATES- This mind-body class will focus on strengthening the core by promoting pelvis stability and abdominal control through an inward approach, connection of the breath, and purpose of movement

YOGALATES- A flow practices, implementing the concept of Yoga / Pilates with emphasis in the Solar Plexus energy (core).

DANCE

BELLY DANCE— An introductory class, to learn the basic movement & choreography of this ancient art. You will develop more flexibility and tone your entire body while your mind and spirit rejoice.

BLISSFUL BODY BALLET— No ballet or dance experience required, this class is a meditative approach to alignment, strength, balance, and grace.

NIA- NIA fuses elements of martial arts, dance arts and healing arts to create an invigorating, empowering form of exercise for people of all levels of fitness and walks of life. "Through Movement We Find Health."

YOGADANCE— This program start with a gentle warm up based upon the principles of Kundalini yoga, and from there, we work our way through all the energetic centers of the body known as the chakras. Un-sticking all the stuck that keeps us fearful or anxious, and experience your essential joy. (Registration Required & Additional Fee)

MENTITATION

ENTERING STILLNESS- Open up your mind to inner peace, reconnect with the senses and allow music to guide your experiences into alert stillness. Free & open to the community.

QUIET SPACE- Enjoy the holistic space as an opportunity to reflect, relax and regain inner connection.

RESTORE AND REFLECT- A valuable self help tool that empowers and heals by implementing a restorative pose. It calms and balances the body and mind for optimal well being.

Natural Healing Therapeutic Center

Massage Therapy

Energy & Reiki

Convenient Hours

Member Discounts

Open to the Community

Gift Certificates Available

Book Your Appointment Today 814-868-0867

Holistic Center Winter 2012

HOLISTIC OPPORTUNITIES

CHRONIC ILLNESS SUPPORT GROUP—This group, led by Dr. Barbara Edwards a licensed Psychologist, is designed to enhance the physical and psychological health of those diagnosed with a chronic illness. The focus of the program is on the emotional reactions, coping and dealing with aspects such as having a hidden disability, the uncertainty of the day to day functioning as well as the future and interpersonal relationships. Free to members. Fee for non-members. Registration required at the membership desk.

EDEN ENERGY MEDICINE STUDY GROUP— A class format that focus on powerful self-care & partner techniques featured in award winning books Energy Medicine & Medicine for Women. Free to Members or \$15 for non- members. RSVP appreciated, please contact Jennifer Mills at 814-602-3301.

HEALTHY LIVING SERIES—Dr. Troy Zacherl, Chiropractor will lead monthly discussions to guide you & your family to live a more healthy holistic life. Topics include: Home health remedies, Hidden Health Hazards in your Home, Food Allergies and the Aware Parent. Check www.ymcaerie.org for monthly topic. Free & open to the community.

MOMMY & BABY CONNECTION — A breast feeding support group led by a lactation specialist. Join us for the opportunity to talk with other moms and share information as well as to sing, play and more. Light refreshments provided. Free & open to the community. RSVP appreciated, please contact Lorraine Zacherl, M.S.: CLC (814) 825-1102.

PEACEFUL LIVING SERIES— Dr. Brian Myers and Dr. Kris Nelson will lead a monthly series will help you to learn how to express inner peace, well-being, love and health. Topics include: Giving and Receiving, Choosing Peace, Love and Death. Check www.ymcaerie.org for monthly topic. Free & open to the community.

PRANIC HEALING CLINIC: This practice accelerates the healing process through cleaning and increasing the life force on affected areas of the body. It utilizes "prana- life force" to balance, harmonize and transform the energy processes. Free & open to the community.

QI GONG- "Qi" means air, breath of life. "Gong" means the skill of working with or cultivating, self-discipline and achievement. The art of Qi Gong consists primarily of the physical movement, meditation, relaxation, mind body integration and breathing exercises.

QI GONG FUSION—This class fuses concepts from a traditional Qi Gong class with additional meditation time and aroma therapy. Free & open to the community.

REIKI CLINIC- Is a form of energy healing that leaves the recipient feeling relaxed and at peace. It enables the body, mind and spirit to heal.

www.ymcaerie.org

Facebook Fans: Glenwood Park
Family YMCA

(814) 868-0867

