

## YOGA

**BASIC 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.

**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.

**HATHA-** "HA" meaning sun and "THA" moon, this style of yoga is designed to bring balance to both the body and mind through yoga poses and breathe awareness. This practice is ideal for reducing stress and improving flexibility, balance and overall health. (Suitable for all levels)

**MULTI-LEVEL YOGA —**Take your mat-type yoga to the next level with more advanced movements that effectively intertwine both flexibility and strength. (Suitable for all levels)

**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.

**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.

**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 recommended)

**YOGA FOR KIDS-** At this time in our history our children are busier than ever to the point of feeling stress. This class will give participants the opportunity to explore "within," taking time to check with their bodies and mind, through breathing exercises, simple yoga poses, fun and relaxation

**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

## PILATES

**CORE ON THE BALL-** A blend of basic Pilates movements using the stability ball to provide strength, flexibility and an overall sense of well-being.

**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.

## DANCE

**.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, we experience our essential joy in a supportive

**MOVEMENT EXPLORATION—**A dance of free-spirited, honest movement expressing your authentic self.

## MEDITATION

**ENTERING STILLNESS-** Open up your mind to inner peace, reconnect with the senses and allow music to guide your experiences into alert stillness

**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.

**GUIDED IMAGERY—** Is the use of relaxation and mental visualization to improve mood and/or physical well being. Through the use of one's imagination a relaxed and meditative state of mind is reached.

## HOLISTIC OPPORTUNITIES

**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.

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

**TAI-CHI FOR HEALTH—** It's easy to learn, effective and safe. Tai Chi increases flexibility, muscle strength, and increases heart/lung activity, aligns posture, improves balance, and integrates the mind and body.

**MOMS & INFANTS CONNECTION—** A lactation support group to mothers, a place that will provide information on the benefits of breastfeeding and tips to make this experience a joyful one. **Class meet every other week.**

# Holistic Center

## Glenwood YMCA

### Spring 2011



[www.ymcaerie.org](http://www.ymcaerie.org)

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