

# Holistic Center Fall 2012

## 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.

**GENTLE YOGA—** Whether you are new to yoga or looking to revitalize your practice, this class provides you with the tools & inspiration you need to make yoga, and its benefits a regular part of your life. Kripali trained teacher.

**MULTI-LEVEL YOGA —**Let your knowledge of yoga expand with renewed vigor and joy as you welcome a fresh perspective in breath, asana & reflection. Time will be spent exploring the relationship among them for the opportunity to reflect how this approach will lead us to a place of well being.

**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)

**POWER YOGA— THURSDAY AT 5:00PM FOR EXPERIENCE YOGIS ONLY.** This class will offer a series of flows at a challenging pace with the incorporation of balancing and binding postures. Class will be lead through vocal cues to encourage personal movement

**CHOGA—** 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.

### Natural Healing Therapeutic Center

Massage, Energy & Reiki Therapies

Member Discounts Open to the Community

Gift Certificates Available

Book Your Appointment Today 814-868-0867

## 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

## 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.

**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."

## MEDITATION

**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.

**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

## NUTRITIONAL HEALTH SERIES:

A series of classes geared towards enhancing your knowledge of nutrition. Each session will focus on a fundamental element of nutrition, and how it influences health and disease. You will learn how to easily and safely incorporate these basic nutrition principles into your life in order to enhance your own health and well-being. Presented by Victoria Innes, MS Human Nutrition, Natural Health Coach.

**September 20:** Water Intake and Chronic Dehydration: Are you drinking enough water? Learn the importance of water as an essential nutrient, how it affects every aspect of our health, and how not drinking enough promotes disease development.

**October 17:** Where do YOU get your protein? This seminar will focus on understanding what dietary protein is, and how to get the best sources of protein into your diet. This class will also cover the risks associated with consuming the ever popular "high protein diet".

**November 21: Carbohydrates: The real story.** Learn the difference between good carbs and bad carbs, but most importantly, why carbohydrates are such an important aspect of the human diet. This seminar will also cover health risks associated with low carbohydrate diets.

**December 20: Fats: the good vs. the bad.** This seminar will focus on enhancing your education about dietary fat. You will have the opportunity to learn about the different kinds of fatty acids, how they influence both health and disease, and how much is necessary for a healthy diet. This class will also cover the various sources of dietary fats and how to properly use them for safe consumption.

## 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](http://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](http://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.

**SACRED CHANTS—**A beautiful powerful way to open our hearts—Life stressors dissolve and transform into love, empowerment, and vitality. Info: 825-7937

**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.

**REIKI HEALING CIRCLE—**Laying— on— of hands energy healing for everyone, led by a Reiki Master. Info: 8680867 ext 271

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

Facebook Fans: Glenwood Park Family YMCA

(814) 868-0867

