

YOGA

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

GENTLE: 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: 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: 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: 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: 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)**

DEEP CORE POWER YOGA: This class incorporate a focus on the core of the body, while building a mind body awareness throughout the breath. **(Previous yoga practice recommended)**

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.

Youth Yoga: This class offer students the opportunity to open and express, while learning the benefits of a yogic life-style. The class will help teen with self-worth, confidence,

Natural Healing Therapeutic Center

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Lighten Up Yoga:It will incorporate stress combating techniques that can be used on and off the mat. The class is meant to leave all the baggage at the door and start new. All levels are encourage to learn techniques that soothe, mind, body and soul.

YOGA FOR ATHLETES: An athletically specific approach to yoga that brings focus to the alignment of the body, breath and core. Utilizing proper breathing mechanics and awareness that engages the body, this class will emphasize improvement in power and range of motion to enhance performance all while integrating therapeutic results for the modern athlete.

YOGA: Your Own Growth Assimilates

This yoga practice utilizes Hatha, Integral, and Yin yoga fundamentals to promote ongoing growth mentally, emotionally, physically and spiritually.

PILATES

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

YOGALATES:A core class that blends the art of Yoga/ Pilates to maximize health benefits.

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."

MEDITATION

A COURSE IN MIRACLES: 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.

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 Qong Fusion Friday class @12 :15 is Free & open to the community.**

WEIGHT MANAGEMENT WITH EFT: Utilizing meridian tapping points/acupressure.

EXTENDING PRESENCE & PURPOSE: The focus of this weekly gathering will be to share and integrate a soulful fusion of simple techniques and practices (meditation, visualization, energy medicine, acoustic instrumentation, & vocalization). You may contact Jennifer Mills (814) 602-3301 or email Jennifer@theenergyexperience.net

TAIJI " MEDICINE IN MOTION": A series of strength-building exercises, and stretching that promote balance of Mind and Body and scientific have proven to increase quality of life for those suffering from Parkinson's disease.

HOLISTIC CENTER Spring 2014

HOLISTIC OPPORTUNITIES

REIKI HANDS TREATMENT: In keeping with a more natural approach to wellness HANDS(**Holistic Arts Navigating Deep Self**) will offer our community the opportunity to experience natural alternatives mini treatments for pain management , stress reduction and stimulation of body' immune system, They are powerful, yet gentle methods of healing through opening, clearing and balancing of one's energy. \$5 dollar donation

HOLISTIC EMPOWERMENT CIRCLE: An opportunity to explore spirituality at the workplace. With Andrea Ward. No fee Contact : Ledys Negron 868-0867 ext 271

INTRODUCTION TO MEDITATION: In this dynamic class you will learn effective concentration techniques, how to sit comfortably, the benefits of meditation and ,how to begin a daily practice. Come and find that inner peace and joy are within you, waiting to discover. Robert Brandt (814) 504-5910

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. 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. Free & open to the community.

REIKI ENERGY TREATMENT: An opportunity to receive a relaxing light therapy (Reiki) originated in Japan. It enables to heal the body, mind and spirit .

REIKI ENERGY WORKSHOP: Laying—on— of hands energy healing for everyone, led y a Reiki Master. More information call 868-0867 ext 271

SACRED CHANTS: A beautiful powerful way to open our hearts— Life stressors dissolve and transform into love, empowerment, and vitality. More information available by calling 825-7937

RHYTHMS OF LIFE CIRCLE (DRUMS AS THERAPY) : Learn drum techniques from around the world, with Lynn Johnson. Drums provided or BYO. Cost \$5 donation.

Stay Connected on the web @ www.ymcaerie.org

Facebook Fans: Glenwood Park Family YMCA

Phone: (814) 868-0867

