

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 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.

MINDFUL MOVEMENT YOGA: Bring your mind and body into a state of harmony with this class based on the deep roots of yoga. Enjoy how mindfulness while moving your body bring you into balance. Attention is given to proper alignment, posture and proper yogic breathing. This is an all level class where flow, holding postures long enough for benefit and coordinating breath movement emphasized.

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 : 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)**

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 814-882-5034

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 pelvis 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.

REFLECT, RESTORE & ENERGIZE: " Be reminded of the importance of the inner journey on enhancing health and alleviating stress through reflection of spiritual tradition, practicing meditation, affirmations and restorative postures. This class will help bring alert attention and mindfulness to the present moment a key component to a successful life. Opportunity for "energy healing will also be available upon request"

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

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

*****Private Yoga Sessions Available*****

More information contact Ledys Negron
@ 868-08 67 ext 271 or email lnegron@ymcaerie.org

HOLISTIC CENTER FALL 2014

HOLISTIC OPPORTUNITIES OPEN TO THE COMMUNITY

NATURAL ALTERNATIVE ENERGY HEALING: We practice energy healing Reiki, Pranic and Touch Therapy to name a few. The benefits are stress and pain relief and an overall healing...Mind-Body-Emotions-Soul. It helps with conventional treatments from your doctor and is practiced in operating rooms now. Come and experience a peaceful healing.
\$5.00 Donation

REIKI HANDS CLINIC: In keeping with a more natural approach to wellness, HANDS(**Holistic Arts Navigating Deep Self**) will offer our community the opportunity to experience natural alternative mini treatments for pain management , stress reduction and stimulation of the body's immune system. They are powerful, yet gentle methods of healing through opening, cleansing and balancing of one's energy.
\$5.00 Donation

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 discover the inner peace and joy within you.
Robert Brandt (814) 504-5910

PEACEFUL LIVING SERIES: Dr. Brian Myers and Dr. Kris Nelson will lead a monthly series to help you learn to express inner peace, well-being, love and health. Check www.ymcaerie.org for monthly topic. .

PRANIC HEALING CLINIC: This practice accelerates the healing process through cleansing and increasing the life force on affected areas of the body.
\$5.00 Donation

REIKI CLINIC: An opportunity to receive a relaxing light therapy (Reiki) originating in Japan.
\$5.00 Donation

REIKI GROUP HEALING: A laying-on-of-hands energy healing for everyone and led by a Reiki Master.
\$5.00 Donation

SACRED CHANTS: A beautiful and powerful way to open your heart while life stressors dissolve and transform into love, empowerment, and vitality.

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Facebook Fans: Glenwood Park Family YMCA

Phone: (814) 868-0867

