

## 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.

**MELLOW FLOW YOGA:** A gentle blend of flowing movements choosing from beginner to intermediate asanas that will strengthen and tone the body, as well as soothe the mind and nourish the spirit.... Creating a deep sense of calm and openness.

**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.

**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 lifestyle. The class will help teen with self-worth, confidence, balance & focus to help move about their busy active lives in a mindful way. Class for families! Bring your family to the class to inspire lasting connectedness and energy. Ages 7 and up.

### Natural Healing Therapeutic Center

Massage, Energy & Reiki Therapies

Member Discounts Open to the Community

Gift Certificates Available

Book Your Appointment Today 814-882-5034

**KAY:** Is designed to motivate children to be active, build confidence, develop mindfulness, and help them manage the spectrum of emotions children experience. A typical Kidding Around Yoga (KAY) class incorporates singing, jogging, limbo-ing, dancing, games and so much more.

**Join our certified KAY yoga instructors!!!!**

**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.

## 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

**LIVING A COURSE IN MIRACLES:** Participants will be part of a discussion on what it takes to live a life of abundant peace and joy. The teaching of "A Course in Miracles" show us how this is possible. The goal of this class is to use the support of these ancient teaching, meditation and energy healing to speed up the process of spiritual awakening for everyone.

**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 Qong 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  
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# 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](http://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 TREATMENT CLINIC:** Receive a 15 min. hand-on Reiki energy treatment from certified practitioners. Reiki is a Japanese relaxation technique which reduces pain and stress, and also promotes physical, mental, emotional and spiritual healing  
**\$5.00 Donation**

**ENERGY HEALING BASICS :** Introductory class exploring the differences between Reiki other styles of healing. Give and Receive hands-on energy healing under supervision of a Reiki Master /Teacher, no experience necessary.  
**\$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

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