

## YOGA

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.

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.

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.

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

(KAY) Kidding Around Yoga\*\* : 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.

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\*\* : (Additional Fee) 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.

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.

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 athletes.

## 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."

YOUTH KICKBOXING: A Full body workout consisting of a warm-up, moderately paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and cool-down. Join Collette as she leads the kids through this fun half-hour class!!! Age 7-13 yrs.

## MEDITATION

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.

LIVING THE COURSE OF MIRACLES: Participants will be part of a discussion on what takes to live a life of abundant peace and joy. The teaching of a " Course of 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.

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.

QUIET SPACE: Enjoy the holistic space as an opportunity to reflect, relax and regain inner connection.

RESTORE, REFLECT AND 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 posture. This class will help bring alert attention and mindfulness A valuable self help tool that empowers and heals by implementing a restorative pose.

SACRED CHANTS- A beautiful powerful way to open our hearts- Life stressors dissolve and transform into love, empowerment, and vitality.

## QI QONG

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.

# Holistic Center Winter 2015

## WELLNESS FOR LIFE CANCER PROGRAMS

Partnership with the Regional Cancer Center

These classes are free & open to the community

Registration is Required.

Contact Robin at 868-0867 ext. 222

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STRENGTH & COURAGE\*\* : This class is held in our Comfort Zone. It aims to preserve muscle tone, combat treatment related side effects, increase energy & self-confidence. Includes use of exercise bikes, treadmill & simple to use strength equipment.

TOOLS for MEDITATION\*\* : In this dynamic class you will learn effective concentration techniques, how to sit comfortably, the benefits of meditation, & how to begin a daily practice.

## NATURAL ALTERNATIVES

HOLISTIC 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-Emotion-Soul. Come and experience a peaceful healing.

ESSENTIAL OILS & BENEFITS: Come and discover new opportunities for lifelong transformation with essential oils, a wellness solution that has been used for centuries to care for the body, mind and spirit.

WEIGHT MANAGEMENT WITH EFT: Emotional Freedom Technique teaches you how utilize meridian tapping points and acupressure point to help reduce anxiety and stress.

### **Please Note**

- \*\* Indicate Registration is Required
- Indicates Class is Free & Open to the Community