

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.

BLISS FLOW YOGA: Starting in savasana will allow us to let go and reset the mind and body in preparation for sun salutation and muscle building postures. Concluding our practice with a series of ground postures will calm the mind and body in preparation for our final relaxation pose, savasana.

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, the limbo, **dancing, games and so much more**

(KAY) Teen age 12–15:** This class will cover calming and breathing exercises, meditation, build self-esteem, and learn many yoga poses, all combined to truly make a grounded masterpiece on the mat!

KIDS MEDITATION & CRAFT(AGES 7–12). A fun and creative practice to inspire kids to open to meditation through breathing techniques, art and sound to help them feel relax and calm.

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.

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."

MEDITATION

MEDITATION 101: It is a welcome guide to meaning of Meditation and how it can bring mindfulness to your everyday life. 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.

QUIET SPACE/MEDITATION: Enjoy the holistic space as an opportunity to reflect, relax and regain inner connection. **Request the key at the front desk, must be 21 and up.**

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.

8 PIECES OF BROCADE: This Qi Qong practice is used to improve organ function and overall well being. The forms serve various purposes and repeated 7–10 times depending on which ones are being performed.

Holistic Center

WELLNESS FOR LIFE CANCER PROGRAMS

Partnership with the Regional Cancer Center

These classes are free & open to the community
Registration is Required.

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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.

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-Soul. Come and experience a peaceful healing.

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

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- Indicates Class is Free & Open to the Community