

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."

MOVEMENT EXPLORATION: This blend of yoga-based flow, dance and other creative physical movements inspire confidence, joy and optimal health. Release stress and emotion through breath and movement. Discover and express your unique spirit in a nurturing and sacred space. A brief discussion and meditation are also included.

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. (Beginning this September)

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 perform.

TAI—CHI*: This class is an introduction to Tai—Chi. Originally developed for self- defense, has evolved into a graceful form of exercises that helps with stress reduction, balance and promotes serenity through gentle flowing movements.



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.

POWER YOGA: Power yoga combines the philosophies of yoga with fast -pace movement to produce a detoxifying experience for mind, body and soul. Instead of pausing between postures each move will flow into the next, making this an intense aerobic exercise. It's purpose is to promote physical flexibility while nurturing the desire for self discipline

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.

(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.

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.

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..

Please Note

***Indicates**

Registration is Required Y Members Only

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Registration is Required
Additional Fee May Be Applicable
Open to Non-Members

•• Indicates

Open & Free to the Erie Community

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 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 offer energy healing Reiki, Pranac and Touch Therapy to name a few. The benefits are stress, pain relief and an overall healing of the Mind, Body, & Soul. Come and experience a peaceful healing.

REIKI CARE 4 CANCER••: Reiki is a gentle therapy for relaxation and stress reduction, which also promotes healing. There are no side effects- you just feel wonderful! Half—hour treatment designed by a Reiki Master Teacher cancer survivor offered by appointment to patients, survivors and caregivers. **Appointments Required Contact: Jeanette Reynolds 814-823-2333 or reikijeannette@gmail.com**

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

