

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.

CHROMATIC DANCE: Starts in vibrant stillness and explores the exhilarating effects movement has on our mind and body. Classes are exploration through Eastern and Western forms of movement. No prior Experience is needed. **Registration is Required**

MEDITATION

NAMASTE FIRST!: Learn meditation and mindfulness practices to bring body, mind and spirit to a state of peaceful and joyful living. Learning to access, then live from this inner state brings, transformation to our lives promoting healing and improving relationships in every situation of our life. Class format include meditation, sharing experiences, Reiki healing, chanting, and meditative dance

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.

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

CHAIR YOGA: 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.

GUIDED IMAGERY : Relax and Make positive changes with the use of guided visualization. This class will use directed thoughts and suggestions, guiding your imagination in the most beneficial ways to achieve a mind-body experience that promotes well- being. It is a way of using your imagination to create calm, peaceful images in your mind, thereby providing a mental escape with therapeutic outcome.

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..

HEART CENTER FLOW YOGA: A heart opening flow class which will begin with intention setting and breath work, followed by a moderate physical practice, ending with 5–10 min meditation on the Anahata(Heart) Heart.

Please Note

***Indicates**
Registration is Required Y Members Only

****Indicates**
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

REIKI CLINIC••: The clinics offer you the opportunity to experience the holistic Japanese technique of Reiki and its benefits. Some of those benefits include stress, pain relief and an overall healing of the Mind, Body, & Soul. Come and experience a peaceful healing.

WEIGHT TO GO••: In this class you will learn ways to be mindful to support your journey with weight management.

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.

