

## SPECIAL EVENTS

Using Jade to Create Wheel of Wellness

Saturday, Jan. 12 @ 1:30 pm

Members

\$10/ Community \$15

## 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.

## 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."

**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.

**COMTEMPORARY DANCE:**\* **AGE 9-12:** Is a mixture of dance techniques that encourages and allow greater expression through the core of the body.

**JAZZ/BALLET**\* **AGE 6-7/ 8-9:** Children will learn the basic movement vocabulary of Ballet and Jazz.

## MEDITATION

**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.

## WELLNESS FOR LIFE CANCER PROGRAMS

Partnership with the Regional Cancer Center

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

**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.

**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.

**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.

**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.

**Reiki Clinic:** In this clinic you have the opportunity to experience the holistic Japanese technique of Reiki and its benefits. Some of those benefits include stress release, pain and overall healing of the Mind, Body, and Soul. Come and experience a peaceful healing.

**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.**

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

## Please Note

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

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Additional Fee May Be Applicable  
Open to Non-Members

**•• Indicates**  
Free & Open to the Erie Community

# Holistic Center

## YOGA

**ALIGNMENT & BALANCE YOGA:** Learn Postures from the inside out and develop your own understanding of yoga. Find balance in each transition and allow it to transcend into your life.

**CHAIR YOGA LEVEL 1:** A gentle form of yoga in a chair or standing using a chair for balance. Participants will learn breathing and relaxation techniques and the basic alignments of the postures. 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.

**CHAIR YOGA LEVEL 2:** In this class students will experience a gentle progression. Learning Sun Salutation with the use of the chair, additional poses and breath techniques to continue enhancing their practice.

**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.

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

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