

## World Class Wellness In Your Own Backyard

A longstanding, loyal client of ours who travels the globe visiting top resorts says that no matter where he goes he always come home to the best massage at Creative Wellness. We have heard that story repeated many times. Our goal is to provide a wide range of services within our long standing tradition of quality. Simply put, more options for people to achieve better health.

Swedish Massage, Yoga, Meditation, Acupuncture, Traditional Chinese Medicine, Thai and Ashiatsu Massage, and Ayurvedic Medicine are just a few international services that we offer at Creative Wellness.

Our multinational staff offers expertise in a wide array of international healing modalities that enhance the experience of our clientele through language, cultural awareness, and increased options for their health care. We've hired practitioners who have received training and experience from places such as France, Poland, Kenya, India, Hawaii, California, Chicago, and right here in Michigan. We attract the top practitioners who want to work in a setting with like-minded colleagues and as in the medical profession, we encourage continuing education in their field by covering the cost of advanced training as part of their benefit package.

The United States is an economic and political global leader but when it comes to taking care of ourselves and our most basic health needs we fall short. According to the CIA World Fact Book, we are ranked 50th in life expectancy ([www.cia.gov](http://www.cia.gov)). Conversely, Japan is ranked 3rd and their emphasis on preventive medicine is partly responsible for producing a life expectancy over five years greater than that of the US.

Acupuncture & Traditional Chinese Medicine have been a primary source of health care in Asia for more than 3,000 years but by comparison Western medicine only began entering Japan about 200 years ago. Today, the World Health Organization and the National Institutes of Health

recognize that acupuncture is safe and effective for treating a wide range of health concerns.

Billions of people worldwide, including your friends and neighbors in mid-Michigan, benefit from the safe and effective practice of acupuncture for preventing disease, treating illness and chronic conditions, fighting stress, and improving well-being.

Chronic diseases are the leading cause of death and disability in the United States. According to the Partnership to Fight Chronic Disease, chronic diseases afflict 45 percent of the American population and are responsible for 70 percent of deaths. (Partnership to Fight Chronic Disease at [www.fightchronicdisease.org/crisis/what/index.cfm](http://www.fightchronicdisease.org/crisis/what/index.cfm).) Stress is a common element underlying the development of many chronic illnesses.

In addition to acupuncture, Creative Wellness offers our clients many services and classes that come from around the globe.

One of our massage therapists, a social worker from Poland, brings a unique skill set to her practice. Because of her training in social work, she understands how emotions are linked to physical health and combines this understanding with her massage and energy work practice.

Ashiatsu has roots in the barefoot massage techniques of India, Japan, Thailand, China, and the Philippines. Once you are on the table and the therapist has begun, you will not know the difference between a hand and a foot as the large, steady strokes ease your tension and stretch your muscles. Ashiatsu massage is known to improve posture, relieve pain and stress, treat spinal problems, and provide an incredibly deep massage, all while still being gentle.

Thai massage is an ancient form of massage first practiced by Thai monks to treat a number of ailments by restoring the flow of energy throughout the body. Traditional Thai massage is a deep, full-body treatment, which

# 2012 Spring / Summer *Creative Wellness*

## Article Continued...

includes both stretching of the joints and muscles, and applied pressure. People use Thai massage not only to treat illnesses, but also to maintain health and well-being.

Ayurveda, practiced by one of our Chiropractic physicians, is an ancient Indian form of holistic health, which balances three physiological elements called doshas. If these elements are not balanced with each other it can be seen as the root cause of many medical conditions. Treatment begins with an Ayurvedic physical exam and is similar to a traditional physical exam, with special attention paid to the teeth, hair, skin, and pulse. Ayurveda is especially effective with gastrointestinal problems, hypertension, thyroid imbalances, endocrine problems, pain, and stress.

Nia started in the United States, but it integrates many movement techniques from around the World. Nia is taught today to nearly 100,000 students by over 2,000 Certified Teachers in 37 countries. One of our Nia class instructors travels as far as Israel and Australia teaching people in other countries what we are doing right here in Michigan.

Our owners are examples of outreach into the world. One owner grew up in France, studied in India, France and Switzerland and most recently traveled to Belize to take a class in abdominal massage. The other owner has provided massage therapy in Spain, Russia, England and Greece for Olympic athletes.

Preventative and wellbeing practices have been used around the world for thousands of years. As more people in our area discover the importance of investing in their health, our wide range of options from around the world will help people achieve their wellbeing goals.

Come try our many options for achieving better health.

## Class Card

Purchase 8 classes for \$80.00. For your convenience attend the times of your choice!

**\*Drop-ins \$12.00**

\*Expires 3 months from date of purchase

## CLASS SCHEDULE

Detailed descriptions can be found on our website at [www.creativewellness.net](http://www.creativewellness.net)

### *Well-Being Classes*

#### **Guided Imagery & Affirmations for Healing** *Instructor: Mike Limauro*

This course is based on the highly acclaimed, research-proven, physician endorsed work of psychotherapist Belleruth Naparstek. Meditation using guided imagery engages the imagination in the healing process. Healing affirmations are designed to take full advantage of the mind-body connection to mobilize a strong response from the immune system to promote wellness.

**Sunday 6/24 12:30-2:30pm**  
**1 Session \$30.00 5564-2**

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#### **Meditation for Stress Management, Better Health and Higher Awareness** *Instructor: Mike Limauro*

Doctors, psychologists, and saints all recommend the healing power of meditation. Learn simple, effective ways to calm and clear your mind, recharge yourself with fresh energy and ideas, and fill your heart from the fountain of inner spiritual experience. These same techniques are taught at NASA and have been clinically proven to reduce blood pressure, release deep tension within the body and get to the root causes of stress.

**Saturday 5/5 10:00am-1:00pm**  
**Saturday 8/4 10:00am-1:00pm**  
**1 Session \$40.00 5562-2**

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#### **Partner Massage** *Instructor: Corey Rivera*

Couples who play together, stay together! Bring your partner and come learn tips and tricks of massage. Please bring a bathing suit and a sense of adventure.

**Saturday 6/16 2:30-5:30pm**  
**1 Session \$80.00/couple 5430-22**

## Partner Yoga

**Instructors: Martha and Mike Limauro**

Come and enjoy an hour and a half with your spouse, significant other or friend and have some fun. Learn Yoga poses and pranayama (breath work) techniques you can practice together and enjoy stretching, laughing and balancing with each other. This class is a combination of sitting, kneeling, standing and balancing postures. Just as a regular Yoga practice enriches one's mental and physical well-being, Partner Yoga enhances our sensitivity to others and brings a new and fresh depth to our relationship.

**Saturday 7/21 4:00-5:30pm**  
**1 Session \$25.00/couple 5566-2**

## Infant Massage

**Instructor: Irene Savoyat**

For parents of infants aged newborn through 12 months. Touch is vital for emotional and physical well-being. Massaging your child enhances the bond and communication between you and your infant. Bring your infant and a baby blanket.

**Friday 6/15 6:00-7:30pm**  
**1 Session \$30.00/1 adult 5415-19**  
**\$40.00/2 adults**

## Exercise & Movement

**NEW Refresher Only Classical Yang Tai Chi**

**Instructor: Tim Bernath-Plaisted**

This will be a refresher class for students who have already learned the first section of the yang style long form from Tim. The six week session will review all of the movements in the first section and focus on refinement of those movements.

**Sunday 4/15 – 6/3 3:00-4:00pm**  
**\*No Class 5/13, 5/27 6012-33**  
**6 Sessions \$55.00**

**\*Morning Yoga, Kripalu Style** **Class Card**

**Instructor: Jo Martinie**

Begin your day with a gentle yoga class and discover its multiple benefits. Stretch, focus and realign the body and mind. All students, both new and experienced will be encouraged to move at their own pace. Please bring a mat or blanket and a small pillow. Limit food intake two hours prior to class.

**Tuesday 5/1 – 7/23 10:00-11:00am**  
**\*No Class 7/3, 7/10**  
**Thursday 5/3 – 7/26 10:00-11:00am**  
**\*No Class 6/7, 7/5**

## Intermediate Tai Chi

**Instructor: Tim Bernath-Plaisted**

Students will continue to learn the Long Form at their own speed with more individualized instruction. Push Hands and Sword Form applications will also be explored for those who are interested.

**Sunday 4/15 – 6/3 4:00-5:00pm**  
**\*No Class 5/13, 5/27 6010-33**

**6 Sessions \$55.00**

**\*NIA** **Class Card**

**Instructors: Winalee Zeeb, Kelly Gibson**

Looking for a fusion fitness program that effectively enhances your vitality and well-being? Experience the pleasurable sensation of NIA, mindful, simple movements blending martial arts, dance and healing arts. Everybody is welcome as NIA teaches you how to be your own conscious personal trainer.

**Tuesday 5/1 – 8/28 6:45-7:45pm Kelly**  
**\*No Class 6/5, 7/3, 8/7**

**Wednesday 5/2 – 5/23 5:45-6:45pm Winalee**

**Thursday 5/3 – 8/30 6:45-7:45pm Kelly**  
**\*No Class 7/5, 8/9**

**Saturday 6/9 – 7/21 9:30-10:30am Kelly**  
**\*No Class 7/7**

**\*Register in advance for Saturday NIA and get discounted rate, 6 sessions for \$48**

## Ageless Grace®

**Instructor: Kelly Gibson, Certified Ageless Grace® Educator**

Ageless Grace®, created by fitness professional and author Denise Medved, is a series of 21 simple tools for lifelong comfort and ease™. The movements, which are done in a chair, focus on the healthy longevity of the body, mind, emotions and spirit. Each of the 21 tools focuses on different anti-aging techniques including joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence and playfulness. This class is designed to show participants how to practice the program at home and also offers an opportunity to practice the tools in a playful group setting on a regular basis.

**Friday 5/4 – 8/24 12:00-12:30pm**  
**\*No Class 5/25, 7/27, 8/10, 8/31**

**3 Sessions for \$21 5060-2**

**Ashtanga Vinyasa Yoga** **Class Card**

**Instructor: Maja McKeever**

Ashtanga Vinyasa yoga is based on a sequence of yoga postures that balance and strengthen the body and assist practitioners to experience deep awareness of the integration of breath and movement. This style of yoga is sometimes challenging yet, when practiced regularly, brings a fulfilling sense of grace and lightness to the body and mind.

**Tuesday 5/1 – 8/28 5:15-6:15pm**  
**Friday 5/4 – 8/31 6:30-7:30am**

## Women's Self Defense Workshop

Instructor: Robert Verdell

The Women's Self Defense Workshop is constructed to show women that they already have the tools to avoid and prevent a sexual assault. Combinations of consciousness-raising and skill-building experiences are used with the intent of increasing women's understanding, resources, and skills in sexual assault prevention and self-defense. The workshop is divided into two parts. The first part, explanation and demonstration, will cover topics such as combative movement, defining sexual assault, acquaintance/ domestic violence, general safety awareness tips and profiling child abusers. Part two is a practical application and will be done with progressive resistance and a variant of physical contact based upon the participant's comfort level. The workshop is designed for ages 12 and up.

Saturday 5/26, 7/28 12:00-3:00pm 1 Session \$40/person, \$65 mother/daughter pairs 5550-2

## Welcome Megan Patrick, D.C.



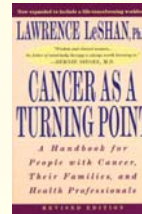
We are pleased to welcome a new chiropractor to our team. Dr. Patrick earned her Doctor of Chiropractic at New York Chiropractic College in Seneca Falls, NY and her Bachelor of Health Sciences from the University of Western Ontario. She has also completed advanced chiropractic

training in Activator Technique, Sports Module, Sacral Occipital Technique and Myofascial Release Technique.

Megan has been a gymnast since she was ten years old and has been coaching gymnastics since the age of 14. Dr. Patrick treats patients of all types and ages and has a special interest in working with athletes and sports enthusiasts.

## Coming This Fall...

### Cancer Support Book Club



"Modern knowledge gives you a way to be active in your own search for health. You do not just have to sit and wait for the doctors to cure or fail to cure you. Taking a part in our own destiny changes how we feel about ourselves and our situation."

— *Cancer as a Turning Point*  
by Lawrence LeShan, PhD

Come join our bi-monthly book club supporting, coping and embarking on a meaningful journey for the turning piont that cancer can be. We will use Dr. LeShans book as a tour guide to putting your life before your illness and a finding meaningful way to move through cancer. Dates and times will be announced this fall.

We are now on Facebook - become a fan of "Creative Wellness" and get updates on our services and classes and chat with fellow Creative Wellness fans.



AVAILABLE ONLINE  
Baby Showers \* Special Thanks & more!

Anniversaries \* Weddings  
Birthdays \* Graduations  
Mother's Day \* Father's Day  
Holiday Gifts  
*Gift Certificates*

9:00am - 9:00pm  
Sunday  
9:00am - 5:00pm  
Saturday  
8:30am - 9:30pm  
Monday through Friday  
**Hours of Service**

East Lansing, MI 48823  
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