

Fall 2009

Creative Wellness

CLASS SCHEDULE

Detailed descriptions can be found on our website at www.creativewellness.net

Meditation for Stress Management, Better Health and Higher Awareness

Instructor: Lorne Dekun

Meditation is the science of reaching our highest potential. Whether your life goals are for physical, mental, emotional, or spiritual success, meditation is a great first step to start you on your way. This step-by-step course is perfect for beginners or as a powerful boost for on-going meditators. Learn simple, effective ways to calm and clear your mind and recharge yourself with energy.

Saturday	10/3 & 10/10	11:00am-12:00pm	
2 sessions	\$50.00		5560-17

Transformational Breathing

Instructors: Julie Wolcott & Marcia Bailey

Join us for a day of inner alignment! In this class you will learn breathing techniques for improving and increasing your energy level and sense of well-being, learn how to open restrictive breathing patterns, and learn how the Transformational Breath can help you live a healthier and more joyful life! Two full breathing sessions will be included in the course.

Please bring a brown bag lunch, blankets, a mat to lie on, and 2-3 pillows. For more information, see Julie and Marcia's website: www.BreathAnnArbor.com.

Saturday	9/26:		
1 Session	\$120	11:00am-5:30pm	5065-3
Morning	\$60	11:00am-2:00pm	5065-4
Afternoon	\$60	2:30-5:30	5065-5

Partner Massage

Instructor: Adriana Liwsky

This class will help partners learn stress relief and alleviate everyday tightness through massage techniques. Massage has been known to enhance your relationships! Please bring a bathing suit.

Saturday	10/10	2:00-5:00pm	
1 session	\$80.00/couple		5430-15

Caregiver Massage

Instructor: Adriana Liwsky

This class is designed for patients and a partner or caregiver to experience relaxation, nurturing and connection. Join our Massage Therapist in a relaxing and fun workshop while learning basic and important massage techniques. The class will emphasize precautions to use and how to find the right amount of pressure. Participants should wear comfortable, loose clothing; a bathing suit or shorts and a t-shirt if possible.

Saturday	11/7	3:00-5:00pm	
	\$60 per couple		5050-1

Laughter Is Good For Your Health

**Instructors: Rev. John Washington and
Michaëlle Washington R.N., MSN**

This fun interactive class is a celebration of our own ability to positively affect our physical, emotional, mental and spiritual wellness by engaging in the simple acts of breathing and laughing. Research has demonstrated breath and laughter have positive effects on the cardiovascular system, strengthen the immune system, alleviate stress, and provide benefits to diabetics and patients with inflammatory and chronic pain conditions. Class participants will receive information on the history and use of laughter as a physical and mental health therapy and will engage in laughter and joy building exercises.

Friday	10/16	6:00-9:00pm	
1 session	\$25		5055-4

Yoga for Neck and Shoulder Tension

Instructor: Clare Collins, R.N., Ph.D.

Do you often have a "pain in the neck" or tightness in your shoulders and upper back? Join Clare Collins, R.N., Ph. D., Certified Yoga Therapist, to explore how yoga can help you release chronic neck and shoulder tension. Both beginning and experienced yoga students are welcome to attend. Please bring a yoga mat and blanket. For more information, contact Clare at clarecollins52@msn.com

Wednesday	4 sessions		\$48
Section 1:	10/21-11/11	10:00-11:15am	5912-4
Section 2:	10/21-11/11	7:15-8:30pm	5912-5

Please be sure to indicate section preference (morning or evening) at registration. If one week you are unable to attend the section you signed up for, you can attend the other session. Contact Clare with any questions at clarecollins52@msn.com

Yoga Play*

Instructor: Winalee Zeeb

Seeking tools to calm, center and energize yourself? Explore the transformational and educational tools of Kripalu Yoga. Enjoy the healing sensation of gentle posture flows as well as the benefits of meditation and relaxation. All are welcome. No previous experience necessary.

Monday	9/14-12/14	5:45pm-6:45pm	
---------------	-------------------	----------------------	--

*Purchase 8 classes for \$64.00. For your convenience attend the times of your choice! *Drop-ins \$10.00*

True Pilates Mat Classes*

Instructors: Kristi Pier and Katie Stephens

True Pilates is a method of body conditioning consisting of a series of exercises designed to create a healthy body, mind, and lifestyle. This method was created by Joseph Pilates over seventy years ago and continues to be an effective and unique system of exercises that strengthen and tone muscles, and improve circulation, flexibility, and posture. True Pilates is designed to give you suppleness, natural grace and skill that will be unmistakably reflected in the way you walk, play and work. Kristi and Katie are certified and were trained directly from the teachings of Joseph Pilates. The True Pilates mat classes work the deep core muscles of the body, the abdominals, buttocks, and lower back (known as the "powerhouse"). **Wear comfortable clothing and bring a mat.**

Monday 9/14-12/14 7:00-7:45pm

Purchase 8 classes for \$64.00. For your convenience attend the times of your choice! *Drop-ins \$10.00

NIA*

Instructors: Winalee Zeeb and 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	9/1-12/15	6:45-7:45pm	Kelly
Wednesday	9/2-12/16	5:45-6:45pm	Winalee
Thursday	9/3-12/17 (skips 11/26)	6:45-7:45pm	Kelly
Friday	9/4-12/18 (skips 11/26)	12:00-1:00pm	Kelly
Saturday	9/5-12/12	9:30-10:30am	Winalee

***Drop-ins accepted \$10.00 Punch Card 8 classes \$64**
Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

NIA Jams

Instructor: Winalee Zeeb

FREE

Dance and celebrate the joy of movement. No experience necessary... just come and dance!

Saturday 9/26, 10/24, 11/28 7:00-8:00pm

Morning Yoga, Kripalu Style*

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.

Tues. | Thurs. 9/15-12/10 10:00-11:00am
(skips 9/29, 11/12, 11/17, 11/19)

Purchase 8 classes for \$64.00. For your convenience attend the times of your choice! *Drop-ins \$10.00

Beginning Classical Yang Tai Chi

Instructor: Tim Bernath-Plaisted

Participants will learn the 1st of 3 sections of this ancient Chinese art. The slow and gentle meditative movements of this Long Form of Yang-style Tai Chi will help relieve tension, increase balance, and improve health. It also has self-defense applications and is an excellent exercise for people of all ages.

Sunday 9/13-11/22 (skips 10/25) 3:00-4:00pm
10 sessions \$95.00 6011-24

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 9/13-11/22 (skips 10/25) 4:00-5:00pm
10 sessions \$95.00

Chilel Qigong

Instructor: Aspen Bernath-Plaisted

This medical Qigong is a gentle mind/body exercise practiced as a series of movements strung together into a flowing form designed for releasing energy blockages. It is very uplifting and can promote accelerated healing, increase body awareness and flexibility, improve stamina and balance, and improve overall quality of life. This form can be adapted for all special needs.

Sunday 9/13-11/22 (skips 10/25) 1:30-2:30pm
10 sessions \$95.00 5912-16

Creative Wellness Class Registration Please duplicate form for add'l classes. Thank you.

Class Registration Information:

Due to the popularity of the classes, we recommend registering at least five days before the class begins. Full payment is due at the time of registration. Make checks payable to Creative Wellness or use VISA or MasterCard.

Complete form and return to:

Creative Wellness
2025 Abbot Rd., Ste. 200
East Lansing, MI 48823

Register by E-mail: health@creativewellness.net
Register by Fax/Phone: 517.351.9242 / 517.351.9240

A \$10 non-refundable registration fee is included in the price of all classes. There are no refunds after the 2nd class has been held.

Full Name.....

Address.....

Daytime Phone..... Home Phone.....

Name of Class..... Class #.....

Instructor..... Date.....

Time..... Cost.....

Cash Check Visa M/C Total Amount.....

CC#..... Exp Date.....

Signature.....