



# Well-Being Classes

## Transformational Breathing™ Workshop

**Instructors: Julie Wolcott and Marcia Bailey**

Transformational Breathing™ is a powerful self-healing process which opens up restrictive breathing patterns, clears the subconscious mind and helps us connect with higher states of consciousness. This introductory/review workshop will include an overview and demonstration of Transformational Breathing™, two Group Breathing™ sessions, a meditation, body scan, time for integration after each breathing session, plus a one hour break for lunch. Bring a padded exercise mat, blanket, 3 pillows and a light lunch. For more information, see [www.BreatheAnnArbor.com](http://www.BreatheAnnArbor.com).

**Saturday 5/10 11:00am – 5:30pm**  
**1 session \$80.00 5065-1**

**Instructors:**

**Julie Wolcott, M.A., CSW. LPC**, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a licensed professional counselor and a certified social worker, Phoenix Rising Yoga Therapy practitioner and Kripalu Yoga teacher. She is also a certified Transformational Breath facilitator and senior trainer.

**Marcia Bailey, M.A. (Counseling, 1978), PhD (Chemistry, 1965)**, taught physical science and chemistry at Central Mich. U. 1968 through 1996, and has taught Yoga since 1999 as a certified Phoenix Rising Yoga Therapy practitioner and Kripalu Yoga teacher. She has taught connected breathing for over 25 years, and is a Certified Transformational Breath facilitator, and senior trainer.

## Partner Massage

This class will help partners learn stress relief and how to alleviate everyday tightness through massage techniques. Please bring a bathing suit.

**Instructor: Adriana Liwsky**

**Saturday 6/14 2:00-5:00pm**  
**1 session \$80.00/couple 5430-12**

## Reflective Writing & Journaling— Listening To Our Bodies

**Instructor: Holly Makimaa**

Learn to listen to the wisdom of our bodies through writing and guided imagery exercises. Participants will have the opportunity to explore their relationships with their bodies and learn to embrace the “sacred vessels” that carry them through life. We will look at how our attitudes about our bodies, especially the aspects of our bodies and health that we struggle to accept, and affect our well-being. Come ready to start a renewed relationship with your body, mind, and spirit. Wear comfortable clothing and bring a blanket, pillow and journal.

**Thursday 7/17 1:00-5:00pm**  
**1 session \$50.00 5060-4**

## Meditation for Stress Management, Good Health and Higher Awareness

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.

**Instructor: Lorne Dekun**

**Wednesday 6/18 & 6/25 7:15-8:45pm 2 sessions \$40.00 5560-14**

# Creative Wellness Class Registration

### 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 a VISA or MasterCard.

Complete form and return to:

**Creative Wellness Holistic Health Center**  
2025 Abbot Rd., Ste. 200  
East Lansing, MI 48823

Register by E-mail:

[health@creativewellness.net](mailto:health@creativewellness.net)

Register by fax (517) 351-9242  
or by phone (517) 351-9240

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Name of Class: \_\_\_\_\_ Class #: \_\_\_\_\_

Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_ Cost: \_\_\_\_\_

CASH  CHECK  CHARGE TOTAL: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Signature: \_\_\_\_\_ Exp.Date: \_\_\_\_\_

*Please duplicate form for additional classes. Thank you.*

*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.*



# Exercise and Movement Classes

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

## Pilates Mat Classes with Magic Circle\*

A classical approach to the work of Joseph H. Pilates. We follow the format of the Power Pilates method, based out of New York City. When done consistently, the flow of Pilates matwork will make your body look and feel years younger and inches longer. The Magic Circle is an excellent tool for developing a tight, strong abdomen and great glutes as part of your Pilates workout.

You do not need to bring your own mat, as we provide everything you need!

### Instructor: Andrea C. Branoff

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

\*Drop-ins \$10.00

Private matwork sessions are available upon request.

Tues., Thurs. 4/29-8/14 5:45-6:30pm  
(skips 5/6, 5/13, 5/15, 6/5, 7/3)

## NIA\*

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.

### Instructors: Winalee Zeeb and Kelly Gibson

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

\*substitute instructors when necessary

\*Drop-ins \$10.00

Tuesday	5/6-8/26	6:45-7:45pm	Kelly
Wednesday	4/30-8/27	5:45-6:45pm	Winalee
Thursday	5/8-8/28	6:45-7:45pm	Kelly
Friday	5/9-8/29	12:00-1:00pm	Kelly
Saturday	5/3-8/30	9:30-10:30am	Winalee

## Yamuna Body Rolling

Increase flexibility, circulation, and range of motion with Yamuna Body Rolling, a unique form of fitness therapy. Developed over the past 23 years by renowned bodywork practitioner and educator Yamuna Zake, Body Rolling is a technique consisting of a series of routines using six to ten inch balls to stretch and relax muscles. Unlike other ball exercises, YBR goes far beyond random movement and stretch. It allows you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion. Yamuna Body Rolling™ reeducates muscles and stimulates bone, creating positive, permanent changes in the body. This profound self-help tool will enhance any physical practice while preventing injury. It is effective on its own or as a complement to any workout. Anyone wishing to experience greater flexibility and aliveness in their bodies will benefit.

### Instructor: Stephanie Hicks

Saturday	6/7	11:00am-12:30pm	1 session	Back Routines class 1	5050-17
Wednesday	7/30	7:00-8:30pm	1 session	Back Routines class 1	5050-18
Saturday	5/3	11:00am-12:30pm	1 session	Leg and Foot Routines class 2	5050-19
Saturday	6/14	11:00am-12:30pm	1 session	Leg and Foot Routines class 2	5050-20
Saturday	8/9	11:00am-12:30pm	1 session	Leg and Foot Routines class 2	5050-21
Saturday	5/24	11:00am-12:30pm	1 session	Abs, Chest, Neck class 3	5050-22
Wednesday	7/2	7:00-8:30pm	1 session	Abs, Chest, Neck class 3	5050-23
Saturday	8/23	11:00am-12:30pm	1 session	Abs, Chest, Neck class 3	5050-24

\*\$25 plus cost of materials

\*Material Recommendations:

Classes 1, 2 & 3 (yellow ball and pump) \$38.45; Class 2 — optional (Foot Wakers) \$41.95; Class 3 (green ball) \$17.99

## NIA Jams

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

### Instructor: Winalee Zeeb

Saturday	5/31	7:00-8:30pm
Saturday	6/28	7:00-8:30pm
Saturday	7/26	7:00-8:30pm



## Yoga Play\*

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.

### Instructor: Winalee Zeeb

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

Monday 4/28-8/25 5:45-6:45pm

### Morning Yoga, Kripalu Style\*

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.

#### Instructor: Jo Martinie

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

\*Drop-ins \$10.00

Tues., Thurs. 5/1-5/15 9:30-10:30am

Tues., Thurs. 7/1-7/31 (skips 7/8) 9:30-10:30am

## Give the Gift of Creative Wellness

Did you know that gift giving is now easier than ever at Creative Wellness?

You can now go online at [www.creativewellness.net](http://www.creativewellness.net), order a gift certificate and choose to either pick it up at our office or have us do the mailing for you. Creative Wellness gift certificates, perfect for every occasion.

### Beginning Classical Yang Tai Chi

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.

#### Instructor: Tim Bernath-Plaisted

Sunday 4/27-6/15 (skips 5/11 & 5/25) 3:00-4:00pm

6 sessions \$45.00 6011-20

### Intermediate Tai Chi

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.

#### Instructor: Tim Bernath-Plaisted

Sunday 4/27-6/15 (skips 5/11 & 5/25) 4:00-5:00pm

6 sessions \$45.00 6010-21

### Upcoming Holiday Reminders:

Mother's Day - 5/11

Father's Day - 6/15

As well as Graduation, Birthdays and Anniversaries

## Tell Us Your Thoughts

This month you'll see our newsletter has an additional component: a Client Feedback Survey. We like to keep the lines of communication open and want your feedback. We consistently enjoy high word-of-mouth referrals and know that our clients are second to none.

To thank you for your time and continued support, we will enter your name in a drawing to be held on May 30, where you could win a free one hour massage.

See the survey for complete details.

### Creative Wellness is Going Green

If you wish to receive this newsletter via email, please let us know.

Send your email address to [health@creativewellness.net](mailto:health@creativewellness.net)

Mother's Day • Father's Day • Birthdays • Anniversaries • Weddings • Graduations • Special Thanks • And more...  
Baby Showers

## Gift Certificates

Monday through Friday  
8:30am - 9:30pm  
Saturday and Sunday  
9:00am - 5:00pm

### Hours of Service:

2025 Abbot Road  
Suite 200  
East Lansing, MI 48823

(517) 351-9240

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HOLISTIC HEALTH CENTER

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