

Continued...Giving Promotes Good Health

strongly affected by feelings, and that taking certain kinds of psychological action can affect the immune system positively." He is quick to point out that while we aren't responsible for becoming ill, we must be responsible for nurturing our healing, and one way to do so is by sincerely expressing concern for and helping others.

The ways to give are immeasurable and so are its benefits. As individuals we can give, as communities we can give, and even as companies we can give. We all have the capacity to give of ourselves, if even just a smile or a kind word. Some of us have skills we can share, others have material means to give. According to the Institute of Noetic Sciences, "Health emerges from hope, optimism, laughter, connectedness, support, commitment, self-worth, a sense of control, and perhaps something more: the perception that life has meaning and that each of us has some unique role that cannot be played by anyone else." We each have the capacity to touch others in a significant way, and when we do so, we are doing something good for our health, as well.

Winter 2008 Creative Wellness

CLASS SCHEDULE

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

Classes for Better Health

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 2/14 & 2/21 11:00am-1:00pm
2 sessions \$40.00 5560-15

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.

Saturday 1/10 11:00am-12:30pm
1 session \$30/1 adult; \$35/2 adults 5415-12

Partner Massage

Instructor: Adriana Liwsky

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

Saturday 2/14 2:00pm-5:00pm
1 session \$80.00/couple 5430-13

Write Your Way into the New Year

Instructor: Holly Makimaa

Take a pause before diving into another year to reflect on where your journey has taken you this year. Through writing, see what you have learned.

Share where you have been. Guided visualization and writing exercises will help workshop participants go inward to discover what needs, desires, and hopes they have for the New Year. Begin writing a new chapter I your life. Start by tuning into who you truly are.

During the workshop, there will be periods of journaling/creative writing, exploratory art, optional sharing, guided mediations and plenty of fun.

Wear comfortable clothing and bring a journal, a pillow for your chair and a snack (if you wish).

Saturday 1/3 1:00pm-4:30pm
1 session \$45.00 5060-5

Yoga for Better Sleep

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

Do you toss and turn at night? Find it difficult to fall asleep or stay asleep? Try Yoga! In this five session series, learn a four part approach to sleep problems using Yoga postures, breathing techniques, relaxation and meditation. Suitable for both beginning and experienced Yoga students. Handouts included. Wear comfortable clothing and bring a mat, blanket and pillow.

Wednesdays 1/21, 1/28, 2/4, 2/18, 2/25 7:00pm-8:30pm
5 sessions \$60.00 5912-2

FREE Introductory Session on January 12, 7:30-8:30 PM!!!

Exercise & Move Your Way to Well-Being

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 1/6-4/28 Kelly 6:45pm-7:45pm

Wednesday 1/7-4/29 Winalee 5:45pm-6:45pm

Thursday 1/8-4/30 Kelly 6:45pm-7:45pm

Friday 1/9-4/24 Kelly 12:00pm-1:00pm

Saturday 1/10-4/25 Winalee 9:30am-10:30am

Purchase 8 classes for \$64.00.

For your convenience, attend the times of your choice!

*Drop-ins \$10.00

NIA Jams

Instructor: Winalee Zeeb

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

Saturdays 1/31, 2/28, 3/28, 4/25 7:00pm-8:30pm

FREE

Pilates Mat Classes with Magic Circle*

Instructor: Andrea C. Branoff

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.

In addition, we will use small hand weights to enhance your workout. You do not need to bring your own mat, as we provide everything you need!

Tues. | Thurs. 1/6-4/30 5:45pm-6:30pm

Purchase 8 classes for \$64.00.

For your convenience, attend the times of your choice!

Private Matwork sessions are available upon request.

*Drop-ins \$10.00

Relax - We've Got Many Ways To Bring You To Better Health

Acupuncture & Chinese Medicine
Aromatherapy
Ashiatsu Oriental Bar Therapy®
Ayurvedic Medicine
Chiropractic Medicine
Craniosacral Therapy
Esoteric Healing
Holistic Health Education
Hot Stone Massage
Lymphatic Drainage
Massage: Clinical & Relaxation
Muscle Release Technique
Myofascial Release
Naturopathic Health Services
Neuromuscular Therapy
Rolfing® Structural Integration

Nutritional Counseling
On-Site Massage
Polarity Therapy
Pregnancy Massage
Reflexology
Reiki
Sports Massage
Therapeutic Touch
Trager® Bodywork
Trigger Point Therapy

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 1/18-3/22
10 sessions \$70.00

3:00pm-4:00pm
6011-23

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 1/18-3/22
10 sessions \$70.00

4:00pm-5:00pm
6010-24

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.....

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. 1/13-4/23

(skips 3/10 and 3/12) 9:30am-10:30am

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

***Drop-ins \$10.00**

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 1/5-4/27

5:45pm-6:45pm

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

***Drop-ins \$10.00**

*We're
Going Green*



With your help we are currently sending more copies of our newsletter via email than ever before!!

If we don't have your email address, please let us know the next time you are in, or send us an email at:

health@creativewellness.net



The Ultimate In Easy Gift Giving

Have a list of gifts to buy that is 2 pages long?
Gift certificates are an easy one-stop shop. No gift wrapping required. Give your family, friends and co-workers a gift that you will feel good about giving. Gift certificates are available online at:

www.creativewellness.net

Gift Certificates

Holiday Gifts

Mother's Day * Father's Day

Birthdays * Graduations

Anniversaries * Weddings

Baby Showers * Special Thanks & more!

AVAILABLE ONLINE

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

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East Lansing, MI 48823

517.351.9240

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