

CLASS CARD**8 Classes \$64***Purchase 8 classes for \$64.00.**For your convenience attend the times of your choice!****Drop-ins \$10.00**

Spring/ Summer 2011 *Creative Wellness*

CLASS SCHEDULE

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

Well-Being Classes

NEW Introduction to The Rossiter System

Instructor: Kathleen Strauch, Certified Advanced Rolfer

Richard Rossiter is a Certified Advanced Rolfer who developed his own system of facilitated stretching, working with a partner on an exercise mat on the floor. The person working uses his or her feet to gradually apply pressure to the partner. Both partners remain fully clothed except for shoes. Through The Rossiter System, many companies have cut their worker's compensation costs for low back pain, arm pain, shoulder pain and knee pain. Learn some of these techniques and become a "pain slayer" in your own home. Bring an exercise mat if possible.

For more information visit www.TheRossiterSystem.com

Sunday 5/22 Low Back Pain 6:00-9:00pm

Sunday 6/5 Shoulder Pain 6:00-9:00pm

\$80/ Set of partners

\$50/ Individual (to be paired with another individual)

\$20/ Spectator only

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. This will be a one-session basic meditation class.

Saturday 7/2 11:00am-1:00pm

1 session \$40 5560-21

Infant Massage

Instructor: Irène 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 6/4 6:00-7:30pm

1 session \$30/1 adult

\$40/2 adults

5415-16

Laugh, Pray, Grow

Instructor: Michelle Washington, RN, MSN

How do you grow your garden of hopes and dreams? Join us to discover how to joyfully and optimistically plant the seeds of your wishes; water them with your own energy and the reinforcement of an interdenominational prayer support group. Then watch and rejoice as your bountiful life harvest unfolds.

In this class we will engage in optimistic expression of our life expectations through designing our requests for life and journaling our progress. Then by supporting each other in interdenominational prayer and joy exercises we will explore growth techniques on how to make our expectations a reality.

Saturday 7/16, 7/23, 7/30 11:00am-1:00pm

3 sessions \$50 5055-5

Exercise & Movement

Beginning Classical Yang Tai Chi

Instructor: Tim Bernath-Plaisted

Beginning Classical Yang Tai Chi is a six week introduction in which participants will learn the first 15 movements 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 5/1 - 6/12 3:00-4:00pm

(No class 5/15)

6 sessions \$55 6012-31

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 **5/1 – 6/12** **4:00-5:00pm**
(No class 5/15)
6 sessions **\$55** **6010-32**

*Yoga Play

Instructor: Winalee Zeeb

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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 **5/9 – 6/27** **5:45-6:45pm**
(No class 5/30)

*Morning Yoga, Kripalu Style

Instructor: Jo Martinie

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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. **5/3 – 5/19** **10:00-11:00am**
6/7 – 6/28
7/12 – 7/28

*NIA

Instructors: Winalee Zeeb and Kelly Gibson

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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 **5/3 – 8/30** (No class 8/9) **6:45-7:45pm** **Kelly**
Wednesday **5/11 – 6/29** **5:45-6:45pm** **Winalee**
Thursday **5/5-9/1** (No class 8/11) **6:45-7:45pm** **Kelly**
Friday **5/6 – 9/2** **12:00-1:00pm** **Kelly**
(No class 5/27, 7/1, 8/12)
Saturday **5/7 – 9/3** **9:30-10:30am** **Kelly**
(No class 7/2, 7/23 or in August)

Sleep Better This Spring

While the earth is waking up and coming alive it is still important to get quality sleep every night so you can spring into action every morning. Quality sleep can improve stress levels, relieve fatigue, and improve mood and concentration levels. We have several products at our center to enhance your sleep and increase your energy. Come check out our pillows and look forward to a better night's sleep!

Cervical support pillows can help with neck and upper back pain and help reduce headaches. They may also help those suffering from Sleep Apnea because of the position the throat and neck is in while sleeping—the same goes for snoring! Several of our practitioners recommend cervical support pillows to their clients who suffer from upper body and neck pain.

We also have buckwheat hull filled pillows in both bolsters and traditional bed pillows. The natural filling has many advantages over conventional fiberfill, foam, or feather fillings. It conforms to the exact contours of the head and neck providing a compliant passive support. Plus, they come in many pretty colors.

Bolsters are long, narrow pillows used in a variety of positions for additional support. Our own Dr. Ranes, D.C. recommends them.

“Bolsters are my solution for customizing my environment in a one-size-does-not-fit-all-world. I daily use a combination of lap, leg and foot bolsters when spending prolonged periods on a computer, watching movies, or traveling, as the driver or the passenger. If I do not, my shoulders burn, my back aches and my hands tingle...all common symptoms that I hear complaints of from my patients.”

Creative Wellness has evening hours 6 days a week for a relaxing massage to also help improve your sleep quality. A healthier you is only one appointment away.

Creative Wellness is Moving!

This month Creative Wellness is expanding our services and moving to a larger center. While we are only moving across the parking lot (to the old ENT building), it will feel like you are entering a new world of wellness. We have increased our number of treatment rooms and enhanced the atmosphere to encompass a whole well-being experience. Our new address is 2045 Abbot Road.