

WELLNESS



Intro to Healing Touch

Healing Touch is an energy therapy that uses light touch on the body and above the body to aide in relief of stress and pain, and support general good health in the body. Healing Touch has found increased use in the hospital setting as well as in the hospice setting. This class will give you a background of Healing Touch and Energy therapies as well as instruction in some basic energy techniques that you can use with family and friends. You do not need to have any previous knowledge of energy therapies to take this class.

Dates: Tuesday, February 26
Class Code: W1005
Registration Deadline: Feb 19
Instructor: Dana Spates Ayurvedic Certified Healing Touch Practitioner and Instructor
Location: Holistic Health Options Studio
(In the Pat Flanders Realty building at 207 1/2 Washburne Ave)

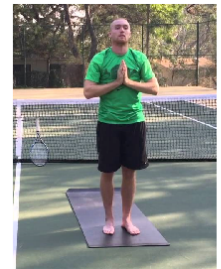
Time: 6:00-8:00pm
Fee: \$25
Min: 6 **Max:** 12



Yoga for Athletes



Yoga for athletes will complement the routine of any sports enthusiast looking to build strength, stamina, and flexibility. We will follow a modified version of the astanga yoga series. You will be able to come in to this class without yoga experience as we will approach this series from the beginning and add on as we go, however you should be looking for an active style of yoga. There will be a strong emphasis on the breath. If you have your own mat you can feel free to bring it. I will have mats at the studio as well as props as needed



Dates: Tuesdays , Jan 8, 15, 22, 29 and Feb 5
Class Code: W1010
Registration Deadline: Jan 1
Instructor: Dana Spates Ayurvedic Certified Healing Touch Practitioner and Instructor
Location: Holistic Health Options Studio
(In the Pat Flanders Realty building at 207 1/2 Washburne Ave)

Time: 6:00-7:15 PM
Fee: \$45
Min: 6 **Max:** 12

Yoga for Back Health



In this class you will learn a routine that will help to strengthen and stretch your lower back. You do not have to have prior experience with yoga to take this class as we will learn the poses as we go. There will be a strong focus on the breath and moving safely into the poses. If you have your own mat you can bring it otherwise there will be mats available as well as other props as needed.



Dates: Jan 10, 17, 24, and 31
Class Code: W1011
Registration Deadline: Jan 3
Instructor: Dana Spates Ayurvedic Certified Healing Touch Practitioner and Instructor
Location: Holistic Health Options Studio(In the Pat Flanders Realty building at 207 1/2 Washburne Ave)

Time: 6:00-7:00 PM
Fee: \$36
Min: 6 **Max:** 12

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