

ADULT HEALTH & WELLNESS



Intro to Yoga

Not flexible enough for yoga? This class is for you! Yoga will not only build your flexibility, it is also good for strengthening your muscles, bone density, stress reduction, and increasing oxygen in the body by learning to breathe properly. In this introduction class we will approach yoga from the very beginning with learning the proper way to breathe and then approaching the asana (poses) in a safe manner. Afterward you will have the opportunity of choosing to continue your yoga practice by choosing from a number of different styles of classes offered in my studio! I will offer modifications where needed.



Core Strengthening Yoga

Want to build Core Strength? While all yoga helps to strengthen the core, in this class we will focus on poses and breathing techniques specifically targeting core strength. While previous yoga experience may be helpful, it is not necessary for this class. Core Strength can be beneficial in supporting back health, helping with balance issues, as well as promoting good posture.

Session I: Dates: Thursdays, March 7,14,21,28, April 4
Class Code: SP1054 **Registration Deadline:** Feb 28

Session II: Dates: Tuesdays, April 9, 16, 23, 30, May 7, 21
* No class May 14 **Class Code:** SP1055
Registration Deadline: April 2

Dates: Thursdays, May 23, 30 June 6, 13
Time: 6:00-7:00pm
Class Code: SP1057 **Fee:** \$36
Registration Deadline: May 16 **Min:** 6 **Max:** 12
Instructor: Dana Spates ERYT500
Location: Holistic Health Options Studio

Time: 6:00-7:15pm **Fee:** \$54 **Min:** 6 **Max:** 12
Location: Holistic Health Options- 207- 1/2 Washburne Ave
Instructor: Dana Spates-Experienced Registered Yoga Teacher at the 500 Level.

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. his 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.

Date: April 18 **Time:** 6:00-8:30pm
Class Code: SP1056 **Fee:** \$25
Min: 6 **Max:** 12 **Registration deadline:** April 11
Location: Holistic Health Options- 207- 1/2 Washburne Ave
Instructor: Dana Spates-Certified Healing Touch Practitioner and Instructor of level one and two.

Intro to Ayurveda

Ayurveda is an ancient healing modality from India. It is based on the principle that everything is composed of 5 elements; ether(space), air, fire, water, and earth. These 5 elements are grouped into 3 energies or Doshas; Vata, pitta, and Kapha. Each of us contains all 3 energies with us but we generally have 1 or 2 that are more predominant, and this helps to form who we are and how we react to the world. In this class we will learn more about what Doshas are primary for us, and how we can use this information to understand and improve our health. We will also explore some simple Ayurvedic daily practices to use to support our health.



Dates: Thursday, May 30 **Time:** 6:00-8:00pm
Class Code: SP1057 **Fee:** \$30
Registration Deadline: May 23 **Min:** 6 **Max:** 12
Instructor: Dana Spates Ayurvedic Yoga Specialist
Location: Holistic Health Options Studio

Spring Outdoor Pickleball League (Wednesday Nights)

Due to overwhelming popularity, we have expanded to a Spring pickleball league. Join us for our Second season of Spring Co-Rec outdoor Pickleball. Pickleball is one of the fastest growing activities in the country. We encourage everyone serious about having fun and getting a good workout to join us.



Dates: Wednesdays, April 24, May 1, 8, 15, 22, 29 **Time:** 6:00 pm—7:15 pm
Fee: \$15 **Class Code:** SP1038 **Min:** 8 **Max:** 16
Location: Paynesville Koronis Civic Ice Arena Outdoor Pickleball Courts **Registration Deadline:** April 17