

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.

Date: Tuesday, November 12 **Time:** 6:00-8:00pm **Class Code:** F1053

Fee: \$25 **Min:** 6 **Max:** 12 **Registration deadline:** Nov 5

Location: Holistic Health Options- 207- 1/2 Washburne Ave **Instructor:** Dana Spates- Certified Healing Touch Practitioner and Instructor of level one and two.



Stress relief through simple

Meditation and Breathing



As you move into the busy holiday season, wouldn't it

be nice to have a simple way to calm the stressful moments. Relying on techniques you always have available to you, you can ease the stress of the moment and condition your body to react in a more calm matter. Join us to learn the benefits of meditation and to learn a simple technique to access that meditative state. We will also learn simple breathing techniques that you can call on to relax you in these stressful times. This is absolutely a class for beginners so if you have no experience with these techniques you will fit right in.

Date: October 15 **Time:** 6-8:00pm **Class Code:** F1007

Fee: \$20 **Min:** 6 **Max:** 12 **Deadline:** Oct 8

Location: Holistic Health Options 207 Washburne Ave

Instructor: Dana Spates, Experienced Registered Yoga Teacher, CHTP/I, ERYT 500, CTYB, AYS,MS

Water Workout!

This strength and aerobic workout in the water is an excellent way to get and stay in shape. You will work on toning, tightening, trimming and **having fun**. **Water workout** is for **Men and Women** of all fitness levels and emphasis will be on aerobic fitness, flexibility, muscular strength and endurance. Water exercises are fun in a group setting especially when done to music.

Join us at the Paynesville Inn & Suites.

Session I

Dates: **Monday's**, Sept 23, 30, Oct 7, 14, 21, 28 (6 weeks)

Class Code: F1142 **Time:** 5-6 p.m.

Registration Deadline: Sept 22

Fee: *Early Bird Rate* \$39 By Sept 9 /

\$44 Regular price



Session II

Dates: **Monday's**, November 4, 11, 18, 25, December 2, 9 (6 weeks)

Class Code: F1172 **Time:** 5-6p.m.

Registration Deadline: Nov 3

Fee: *Early Bird Rate* \$39 By Oct. 21/ \$44 Regular Price

Location: Paynesville Inn & Suites

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.

Dates: Thursday's, Sept 26, Oct 3, 10, 17, 24, Nov 7 (6 weeks)

Time: 6:00-7:15pm **Class Code:** F1050 **Fee:** \$54

Min: 6 **Max:** 12 **Instructor:** Dana Spates RYT 500

Location: Yoga Studio **Registration Deadline:** Sept 19 (In the Pat Flanders Realty building at 207 1/2 Washburne Ave)

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: Tuesday, October 8 **Time:** 6:00-8:00pm

Class Code: F1052 **Fee:** \$30

Registration Deadline: Oct 1 **Min:** 6 **Max:** 12

Instructor: Dana Spates Ayurvedic Yoga Specialist

Location: Holistic Health Options Studio (In the Pat Flanders Realty building at 207 1/2 Washburne)