



INTEGRATIVE HEALTH CENTERS

Class Schedule

Call 410-296-5160 to register today!

PRENATAL YOGA

Heather Marchese, RYT

An 8 week hatha yoga class to help you relax and prepare for your upcoming birth. Class size is limited to six for maximum personal attention. We will cover breathing techniques and yoga postures. Please bring your own mat. Other yoga props will be supplied during class.

When: Saturdays 10:00-11:00am
Dates: Sep11 - Oct 30, 2010 / 8 week course
Cost: \$120
Registration: Call Heather at 443-850-9416
or email phoenixyoga@verizon.net

QI GONG

Jeremy Harlow, Dances With Spirit, LLC

Ancient Teachings of the Eight Pieces of Brocade

The form is called Gu Chuan Ba Duan Jin or "Ancient Teachings of the Eight Pieces of Brocade." It consists of eight individual exercises, some of which have multiply moves and variations. Each of the movements is designed to stretch and strengthen a specific part of the body and stimulate a particular organ-energy system, while also bringing the whole system into balance. This system of Qigong was designed to strengthen the body, to balance the vital functions and tonify the internal organs, to build immunity and resistance, and to drive stagnant energy and toxin residue from the body and energy pathways. All levels of experience are welcome.

When: Thursdays 7:00-8:00pm
Dates: Sep 16 - Nov 4, 2010 / 8 week course
Cost: \$120
Registration: Call Jeremy at 410-409-4803

8 WEEK MINDFULNESS BASED STRESS REDUCTION CLASS

Gina L. Sager, MD, RYT

This class presents mindfulness meditation, breath work and yoga as critical skills for managing life's challenges. This classes include elements of yoga, ayurveda, meditation, and even some traditional Chinese wisdom. So the work of mindfulness is about learning to pay attention moment to moment, without judgment... paying attention intentionally in each moment. And in each moment we always get to choose what gets our attention. The practices teach us how to change the mind to understand that things happen, many of which we can't change; yet regardless of what occurs, we ALWAYS get to choose how to relate. So we don't have to change what we're thinking, but can always change our relationship to what is already so, or how we're thinking about what is already happening.

When: Tuesdays 6:30-9:00pm
Dates: Sep7 - Oct 26, 2010 / 7 week course
Cost: \$425
Registration: Call Gina at 410-667-0468 or email her
at gina@ginasager.com