



# INTEGRATIVE HEALTH CENTERS

## Class Schedule

Call 410-296-5160 to register today!

### QI GONG

*Jeremy Harlow, Dances With Spirit, LLC*

#### Qigong workshop: Golden Eagle Awakens a Vision

In this workshop we will be using Qigong principles integrated with shamanic shape shifting to embody the spirit of the Golden Eagle, moving from this sense of relationship. Eight transformative movements and two standing meditation will be covered, along with medicine wheel teachings and shamanic healing techniques. All levels of experience are welcome.

**When:** Saturday 12:00-3:00pm  
**Date:** Jan 22, 2011  
**Cost:** \$60

#### Golden Eagle Seeks a Vision: East Direction (Medicine Wheel)

In this program we will be using Qigong principles integrated with shamanic shape shifting to embody the spirit of the Golden Eagle, moving from this sense of relationship. Eight transformative movements and two standing meditation will be covered, along with medicine wheel teachings and shamanic healing techniques. All levels of experience are welcome.

**When:** Thursdays 6:00-7:00pm  
**Dates:** Jan 27 - Mar 17, 2011  
**Cost:** \$120 / 8-week program

#### Gu Chuan Ba Duan Jin:

##### 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 system. All levels of experience are welcome.

**When:** Thursdays 7:00-8:00pm  
**Dates:** Jan 27 - Mar 17, 2011  
**Cost:** \$120 / 8-week program

**TO REGISTER FOR ANY OF THE ABOVE:**  
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  
**Cost:** \$425  
**Registration:** Call Gina at 410-667-0468 or email her at [gina@ginasager.com](mailto:gina@ginasager.com)

#### UPCOMING SESSIONS:

(all retreat dates are tentative)

Jan 11 - Mar 1, 2011 (retreat 2/19) , Mar 22-May 10, 2011 (retreat 4/30)  
May 31-July 19, 2011 (retreat 7/9), Aug 9-Sep 27, 2011 (retreat 9/17)  
Oct 18-Dec 13, 2011 (retreat 12/3)

### PRENATAL YOGA WORKSHOP

*Heather Marchese, RYT*

Join us for this hatha yoga workshop 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:** Saturday 10:00a-12:00p  
**Dates:** December 4, 2010  
**Cost:** \$40  
**Registration:** Call Heather at 443-850-9416 or email [heather@phoenixyoga@verizon.net](mailto:heather@phoenixyoga@verizon.net)

### BASIC VINYASA YOGA

*with Laura Mannarino, RYT*

The word vinyasa means flow. Flow is attained by linking the breath to the movement of the body and staying mindfully connected to the body. Classes will also include yoga philosophy, pranayama (breath work), relaxation, and aromatherapy. Benefits of the practice - reduce stress, relax the mind and body, tone muscles, detox the body, improve posture, balance and flexibility.

**When:** Mondays 7:45-9:00pm  
**Dates:** Jan 10 - Feb 14, 2011  
**Cost:** \$100  
**Registration:** Call Colleen at IHC Towson at 410-296-5160

### BASIC VINYASA YOGA

*with Michelle Gautney, RYT, RN*

**When:** Wednesdays 7:00-8:00pm  
**Dates:** Dec 8 - Jan 12  
**Cost:** \$100  
**Registration:** Call Colleen at IHC Towson at 410-296-5160