



NEW MOVEMENT CENTER OPENING SOON! SMALL UNIQUE CLASSES TAUGHT BY EXPERTS!

Egoscue Method

The Egoscue Method is a process designed to help you rediscover, restore and return your body to its original pain-free blueprint without the use of drugs, surgery and/or manipulation. This puts the control of your health back into the hands rather than creating dependence on a system. The Egoscue Method provides personalized exercises that retrain muscles, realign posture, and reduce pain. The Egoscue Method successfully addresses and eliminates pain associated with: Carpal Tunnel, Herniated Discs, Migraine Headaches, Back Pain, Neck Pain, Knee Pain, Scoliosis, Dislocated Joints, Rotator Cuff (shoulder problems), as well as many other types of pain.

Feldenkrais

The *Feldenkrais Method* is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. Through this Method, you can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. These improvements will often generalize to enhance functioning in other aspects of your life.

The *Feldenkrais Method* is based on principles of physics, biomechanics and an empirical understanding of learning and human development. By expanding the self-image through movement sequences that bring attention to the parts of the self that are out of awareness, the Method enables you to include more of yourself in your functioning movements. Students become more aware of their habitual neuromuscular patterns and rigidities and expand options for new ways of moving. By increasing sensitivity the *Feldenkrais Method* assists you to live your life more fully, efficiently and comfortably.

Gyrokinesis

GYROKINESIS exercises allow one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation.

This approach systematically and gently works the joints and muscles through rhythmic and undulating movement. These movements stimulate the body's internal organs while different corresponding breathing patterns are integrated along with the movements.

Fluidity is the key. Postures are not held for long periods of time. Instead, postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance and swimming than like traditional yoga.

Meditation

Meditation is a means of transforming the mind. Buddhist meditation practices are techniques that encourage and develop concentration, clarity, and emotional positivity. By engaging with a particular meditation practice one learns the patterns and habits of the mind, and the practice offers a means to cultivate new, more positive ways of being. With discipline and patience these calm and focused states of mind can deepen into profoundly tranquil and energised states of mind. Such experiences can have a transformative effect and can lead to a new understanding of life.

Nia

Nia, or "Neuromuscular Integrative Action," fuses dance movement, the martial arts and healing arts into an invigorating cardiovascular fitness program. In essence, Nia combines elements of tai-chi, yoga and dance.

Pilates

The Pilates Method is an approach in mind & body integration that was created by **Joseph Pilates** in the 1920s. The fundamental principles focus on balance, concentration, control, centered awareness, fluid movements, and breathe. Pilates enhances a core strength that increases flexibility, coordination and spacial awareness. The repertoire is performed as a mat class or on specialized equipment utilizing springs for resistance. Pilates engages the whole person, not just the muscles. For everybody from an athlete to mother, Pilates will develop and enhance stamina, posture, alignment & core strength..

Qi Gong

Qi gong is made up of two Chinese words: qi (pronounced "chee") means life force or vital energy and gong (pronounced gung) means skill or talent that is developed through regular practice. Thus, qi gong means cultivating vital energies. In traditional Chinese medicine, qi is said to flow through all living things in the universe.

Qi gong is a type of Chinese traditional medicine that emphasizes the coordination of breathing with physical postures and focused intention. Qigong is both physical and mental exercise, and often involves meditation and visualization. Its practitioners develop and enhance their bodies' vital energy, or 'qi', to improve their overall health, vitality, and spiritual well-being. Some forms of essential qigong are taught in conjunction with martial arts traditions such as tai chi and kung fu.

Tai Chi

Tai Chi (also written as T'ai Chi, Taiji, Tai Chi Chuan, among others) is a slow-motion, moving meditative exercise for relaxation, health and self-defense. Originally from China, Tai Chi has gained enormous popularity in America and throughout the rest of the world for its health benefits.

Yoga

Yoga is both the practice and the experience of the ultimate freedom of the heart. It is both a path to spiritual fulfillment and the experience of fulfillment itself. Through the yoking of our bodies, minds, and hearts to a higher power of existence, we can awaken the *shakti*, or spiritual energy hidden within, and our highest capabilities are revealed. The more often we experience the state of union through our yoga practice, the more we become established in an elevated vibratory state of consciousness. So when we are confronted with stressful and challenging events in our life, which would normally knock us out of alignment, we are able to sustain our yogic state. We are then better able to respond to difficult situations.

Please let us know what class or classes you are interested in and when. Thank you!