



June Class & Workshop Schedule

Introducing Thai Qi with Jason and Kundalini Yoga with Lisa.



Guided Crystal Bowl Meditation

Thursday, June 17, 2010 at 6:30 PM

Please join us for an hour of guided imagery working through your Charkas, clearing and empowering you to a higher vibration with the assistance of the Crystal Bowls. Each bowl is in perfect alignment with its matched Charka allowing you to float higher and higher, ultimately to the Higher Realm to connect with your Master Guide. This will assist you in seeking guidance and enlightenment for every day life.

*Crystal Bowls played by Dr. Diane Stewart of The Rose Center
Guided by Valerie Fox of Spiritual Bliss*

Bring pillows and blankets to make yourself comfortable.

Cost: **\$18 for meditation and a gift bag** to assist you in revisiting your meditation when ever you wish.

Please call to RSVP to 941-366-1119

Classes

DAY

TEACHER

Tuesday

10am – Thai Qi

Jason

3pm: Thia Qi Jason

6.30pm: NIA Summer Camp (June 15 & 22) Gail

Wednesday

10am: Beginners Yoga Sara

12pm: Thai Qi Jason

5.30pm: Beginners Yoga Sara

7pm: Mixed Yoga Sara

Thursday

10am: Thai Qi Jason

2pm: Thai Qi Jason

6.30pm: NIA Summer Camp (June 17 & 24) Gail

Friday

10am: Kripalu Yoga Lisa

12pm: Community Acupuncture

Saturday (June 12-26th)

10am: Thai Qi Jason

1pm: Thai Qi Jason

4pm: Thai Qi Jason

CLASS PRICES

Tai Chi -

Love Offering during June

Yoga -

Drop In: \$15

5 Class Series: \$65

8 Class Series: \$100

10 Class Series: \$120

Summer Nia Camp!

Cost: \$55 per session (includes FREE NIA DVD), or \$100 when you register for two sessions (includes 2 FREE NIA DVD's)

Session 1: June 15, 17, 22, and 24 Joy of Movement

Session 2: July 13, 15, 20, and 22 Form and Freedom

Please register by June 12th, 2010 for NIA Summer Camp

Class Information –

Tai Qi

Tai Qi, Tai Chi, Taiji, whatever you call it, it's an excellent activity to add to your normal exercise routine. Shibashi, (pronounced Sure-Bah-Sure) is a gentle yet challenging and effective style of Tai Qi. It is great for the beginner or those with impaired ability and can be adapted for the advanced student. The slow and gentle movements of this art form can stretch and tone muscles. It is especially effective on the groups of small muscles that surround and protect the joints IE Rotator Cuff. Another great benefit of Tai Qi is that it promotes circulation and helps to lubricate the joints. In China it is one of the most commonly prescribed medicinal therapies because it is inexpensive and effective.

NIA Summer Camp

Experience Healing through Movement and Awaken Your Inner Dancer!

This summer experience the Joy of Movement! Learn the moves of Nia to bring fun, flexibility, and balance into your life and body. Nia Camp includes four Nia classes and a DVD to continue your learning at home. Nia Camp is open to teens and adults and no movement experience is necessary. Each Nia Camp session has new classes and DVD's.

Beginners Yoga

Perfect for those new to yoga a series of basic yoga poses, introduction to yoga philosophy and meditation. Each week will add to the previous building on poses, strength, and flexibility.

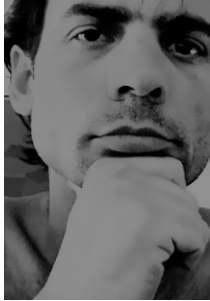
Mixed Yoga

For all levels. A variety of poses great for any level from beginners to experienced. Focus on alignment and breath.

Kripalu Yoga

This gentle yet strengthening practice, based on the Kripalu tradition, is heart-centered and compassionate, being mindful of where our bodies are at the present moment and recognizing that each day, we bring ourselves differently to our mats. This class is ideal for beginners as well as the intermediate practitioner looking for a more meditative, or sensation-studying approach to a Yoga class. Using the foundation of the core abdominal muscles for stability, asanas are approached with a steady and safe entry and release, with time allowed during the holding for energy awareness and exploration, bringing on a sense of being home in our bodies.

Instructors



Thai Qi Instructor: Jason Sands

Jason earned his AS degree in Neuromuscular Massage Therapy in 2005 and earned an MS degree in Oriental Medicine in 2009. With over 5000 hours of study on the body and how it works, and even more professional experience, He aims to assist in improving the lives and health of those that enter his class. Jason has an excellent working knowledge of the human body and he applies this knowledge to his Shibashi Tai Qi practice. He uses



NIA Black Belt Instructor: Gail Condrick

Gail Condrick, certified Black Belt Nia instructor, who has trained with Debbie and Carlos Rosas, the creators of the Nia Technique. The Black Belt, the highest of the Nia teacher trainings, enables the instructor to be a movement healer and is achieved by less than 10% of the 1000 instructors around the world.



Hatha Yoga Instructor: Sara Garrod, RYT 200

Sara Garrod, RYT200, was introduced to yoga in 2003 and has been practicing ever since. She is passionate about sharing her knowledge with her students and the many benefits yoga offers, including stress relief, helping to relieve fatigue, bringing the mind into focus and an overall sense of well being. Sara has studied Anusara Yoga with renowned yogis Betsy Downing and Jaye Martin. Sara is the owner of Pineapple Healing Center and is excited to continue bringing together a variety of holistic treatments and professional holistic practitioners to help heal the mind, body and soul.

Kripalu Yoga Instructor: Lisa Goswick, 200 hour

Lisa is also a massage therapist, and originally pursued her 200 hour Yoga teacher's certification in 2004 with the intention of offering Yoga and its healing benefits as homework for her massage clients. She quickly found that she enjoyed the invigorating exchange of energy in the class setting as well.