

Featured Offerings for Winter

Mindfulness Based Eating Awareness Training led by Ed Glauser, LPC ***				
Tuesdays	January 15 - February 19	6:30 - 8:30 pm	6 classes	\$195 (\$50 non-refund dep)
<i>*** FREE introductory Talk on January 8, from 7:00 - 8:00 pm</i>				
Finding a Place to Rest – An Introduction to Mindfulness Meditation led by Rich Panico, MD				
Thursdays	Jan. 17, 24, & Feb. 7, 14	6:00 - 8:00 pm	4 classes	\$75
<i>This class will meet on the third floor of the Medical Services Building, in Room E.</i>				
Finding a Place to Rest – Explorations in Mindfulness led by Rich Panico, MD				
Tuesdays	January 8 - 29	6:00 - 8:00 pm	4 classes	\$75
Bridges to Health – Healthy Eating led by Robin Bewley, CHES, RYT				
Wednesdays	February 13 - March 5	6:00 - 8:00 pm	4 classes	\$80
<i>This class will meet in the Diabetes Education Department kitchen, in the basement of the Medical Services Building.</i>				
The Inner Practice of Yoga led by Rich Panico, MD				
Tuesdays	February 12 - March 25 (skip 3/11)	6:00 - 8:00 pm	6 classes	\$90

Basic Yoga (in order of levels of mobility)

Gentle Yoga

Mondays	January 7 - February 11	4:00 - 6:00 pm	6 classes	\$75	Robin Bewley, CHES, RYT
Tuesdays	January 8 - February 12	10:00 - 12 noon	6 classes	\$75	Christina Clifton, RYT

Beginner Yoga for Health & Relaxation

Tuesdays	January 8 - February 12	4:00 - 6:00 pm	6 classes	\$60	Robin Bewley, CHES, RYT
Wednesdays	January 9 - February 13	5:30 - 7:30 pm	6 classes	\$60	Christina Clifton, RYT

Ongoing Yoga for Health & Relaxation

Wednesdays	Ongoing	6:00 - 8:00 pm	6 classes	\$60	Mattee Barkdoll, MSW, RYT
Thursdays	Ongoing	4:00 - 5:30 pm	6 classes	\$60	Amy Long, RYT

Specialty and Therapeutic Yoga

Back Care Yoga

Thursdays	January 10 - February 14	6:00 - 8:00 pm	6 classes	\$75	Christina Clifton, RYT
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Chair Yoga for Strength and Balance

Thursdays	January 10 - February 21	9:30 - 11:30 am	6 classes	\$75	Mattee Barkdoll, MSW, RYT
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Yoga for Bone Health

Wednesdays	January 9 - February 13	10 - 12 noon	6 classes	\$75	Julie Horne, RYT
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Therapeutic Yoga

Tuesdays	January 8 - Ongoing	10 - 12 noon	6 classes	\$90	Judi Spears, RYT, CYT
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Yoga for People Coping with Cancer or its Effects

Thursdays	January 10 - February 28	10 - 12 noon	8 classes	\$110	Robin Bewley, CHES, RYT
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Yoga for Children with Special Needs **Ages 4 – 6**

Fridays	January 11 - February 15	9:30 - 11:30 am	6 classes	\$75	Rachel Greb MA
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Yoga for Serenity

Mondays	January 28 - March 24	6:00 - 8:00 pm	9 classes	\$115	Mattee Barkdoll, MSW, RYT
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Pre-Natal Yoga

Thursdays	January 3 - Ongoing	6:00 - 7:45 pm	\$10 per class, payable monthly	Judi Spears, RYT, CYT
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Course Descriptions

Pre-Natal Yoga For questions or more information, call Judi at 706-548-3625.

Enjoy the company of other expectant mothers. Prepare for the birthing process and share information and support. Join us for this ongoing class to learn a yoga practice created especially for this very special time. This practice will:

- Strengthen the muscle groups needed to support pre-natal weight gain
- Maintain openness in the chest and shoulders as the body changes
- Open the hips and pelvis to prepare for labor and delivery
- Increase over-all comfort during pregnancy
- Allow time to relax for physical and mental well-being

COURSE DESCRIPTIONS CONTINUED ON BACK!

For more information or to register call 706-475-7329.

Course Descriptions

Mindfulness Based Eating Awareness Training

You are invited to learn mindfulness as a tool to change your relationship to food and eating, help manage weight, gain control over emotional or binge eating, and reduce stress.

Finding a Place to Rest – An Introduction to Mindfulness Meditation

This four-week course is designed to teach beginners simple meditation techniques that can reverse the chronic stress response and help your body and mind find a place to rest and heal. It may also be helpful for experienced meditators who want to review the foundations of a mindfulness practice. A text is provided as well as handouts and practice materials.

Finding a Place to Rest – Explorations in Mindfulness

This class is designed for individuals who have some experience with mindfulness and an interest in exploring mindfulness through a combination of meditation, gentle yoga, and poetry. Prior participation in MBI yoga, Bridges to Health, or any of the mindfulness meditation classes taught at the MBI is recommended. This class is not recommended for beginners.

Bridges to Health – Healthy Eating

Learn to select, prepare and eat nutritious foods for better health and symptom relief. Put your knowledge about better eating into practice. We will eat (!) at each class, you will get and share recipes. The class covers eating out and special occasions. This is a fun class! *If Dr. Panico has restricted foods for your treatment (gluten, dairy, etc.), get coaching about how enjoyable this meal plan can be.*

The Inner Practice of Yoga

This class is open to anyone who has taken the beginning yoga class at the MBI or who has a regular hatha yoga practice. It is designed to explore the deeper dimensions of a yoga practice in the service of cultivating inner peace and overall well-being. We will have more emphasis on meditation, relaxation and the breathing practices of hatha yoga.

Gentle Yoga

This class offers students all of the benefits of our Yoga for Health & Relaxation classes, but with very safe, gentler movements. You can improve strength and flexibility, help the body heal, improve sleep and learn to relax with instructors who adapt the practice to your needs.

Beginner Yoga for Health & Relaxation

You will learn a basic practice for healthy adults to build strength, stretch and tone muscles, and increase mindfulness. It includes movement, rest, breathing and mindfulness practice. You will benefit in body, mind and emotions, and improve sleep.

Ongoing Yoga for Health & Relaxation

Continue to deepen your practice without learning the postures from the beginning each 6 weeks. Learn new postures and variations, hold postures longer and enhance breath practice and mindfulness. Keep bringing the benefits of yoga into your life!

Back Care Yoga

Back Care Yoga focuses on very safely and gently moving the spine and the muscles that control it to increase strength, flexibility and endurance. This mindful movement will help control pain, reduce the likelihood of further injury and keep the back strong. Back Care Yoga at MBI was designed by our yoga teachers in association with the physical therapists at Athens Regional. It is also recommended as a gentle class for anyone who wants to maintain spinal health and to increase overall well being.

Chair Yoga for Strength and Balance

Improve your strength and balance, without getting on the floor! Enjoy the increased flexibility, relaxation, and better sleep that yoga brings. Improve breathing with the breath practices with knowledgeable, caring instructors.

Yoga for Bone Health

Welcome to our course designed especially to prevent bone loss and decrease the tendency towards fractures. Strengthen the muscles around the joints, including the hips, legs, arms and wrists. Align the body for better posture both standing and sitting. Improve balance to prevent falls.

Therapeutic Yoga For questions or more information, call Judi at 706-548-3625.

This therapeutic practice is for people who would like to receive individual attention in a supportive, safe class setting. Through the use of mindful, appropriate movements, breath and awareness you will:

- Re-direct the body to move comfortably and safely
- Increase range of motion
- Relieve chronic pain symptoms
- Reduce stress, anxiety and fatigue
- Deepen concentration
- Increase lung capacity

Yoga for People Coping with Cancer or its Effects For questions or more information, call Robin at 706-475-5285.

Come to a safe, nurturing environment wherever you are in your journey with cancer. Gentle movement designed just for you can reduce pain and maintain strength. Relaxation and breath support the immune system and help you cope with fatigue. Sharing experiences with others (if you wish) brings hope and knowledge of love. Students pace themselves and do what they want to do each day.

Yoga for Children with Special Needs Ages 4 – 6

Give your child with special needs a positive and therapeutic experience with yoga. Yoga helps children develop physical strength & flexibility; improve concentration; reduce hyperactivity; cultivate confidence & self-esteem; enhance self-control & relaxation; increase cognitive & motor skills.

Yoga for Serenity

Serenity yoga is designed to support people recovering from depression and/or anxiety. Gentle movement, breathing skills and mindfulness help you cultivate contentment and self-acceptance. See improved sleep, a calmer disposition, and increased alertness. This course also includes visualization, deep relaxation, and nutrition. Dr. Panico visits one class to discuss the role of supplements.

COURSE CALENDAR IS ON THE FRONT!

For more information or to register call 706-475-7329.