

2007 MBI Spring Program Schedule

****All classes are held at the Mind Body Institute unless otherwise stated****

Therapeutic Yoga

\$90 (6 weeks)

Tuesdays Apr 17—May 22
10—12:00 noon

Instructor: Judi Spears, RYT
 This is our most gentle class. It helps individuals suffering with symptoms from illness such as chronic fatigue, arthritis, fibromyalgia, and other types of problems that make movement difficult.

Back Care Yoga

\$75 (6 weeks)

Thursdays Apr 19—May 24
6:00—8:00 pm

Instr: Christina Clifton, RYT
 ARMC's physical therapists and our yoga teachers have designed a back care class for those leaving rehab or those who have back pain. It will incorporate mindful movement for strength and stretching, as well as deep relaxation to promote healing.

Cardiac/ Diabetes Yoga

\$75 (6 weeks)

Wednesdays Apr 18—May 23
10 am—12 noon

Instr: Robin Bewley, CHES, RYT
 This course offers safe, relaxing movement for people with heart problems or diabetes. Relaxation and gentle movement offer particular benefits for healing from heart disease and/or controlling blood sugar.

Cancer Care Yoga

\$110 (8 weeks)

Thursdays Apr 19—June 7
10-12 noon

Instr: Robin Bewley, CHES, RYT
 Designed for people living with or recovering from cancer or its treatment. Very gentle postures and movements will help increase energy, regain movement, reduce pain, and recover strength. Breathing and deep relaxation assist with anxiety, depression and sleep. We will supply a mat and eye pillow that students can keep.

Returning students: \$75
(Due to already having supplies)

Gentle Yoga

\$75 (6 weeks)

Mondays Apr 16—May 21
4:00—6:00 pm

Instr: Robin Bewley, CHES, RYT

Tuesdays Apr 17—May 22
10—12:00 noon

Instructor: Christina Clifton, RYT

This class is for anyone who wants a very relaxing practice. It is also for those who may be recovering from injury, surgery, think of them selves as "out of shape", or who want to begin a practice that involves very little standing.

Chair Yoga

\$75 (6 weeks)

Thursdays Apr 19—May 24
9:30-11:30 am

Instr: Mattee Barkdoll, MSW, RYT

We have designed this very gentle class to address the special needs of students who have trouble getting up and down. The pace will be slow, and there will be limited (or no) use of the floor. Postures or movements can be adapted to the ability of the student.

Yoga for Osteoporosis

\$75 (6 weeks)

Wednesdays Apr 18—May 23
10 am—12 noon

Instructor: Julie Horne, CYT

The main goal of an osteoporosis class is to prevent fractures by strengthening the muscles around the bones where these fractures might occur. Bone is maintained by bearing weight, so we will focus on holding postures longer each class. Balance is also practiced to help prevent the falls that can lead to broken bones.

Mindfulness Practice Group

This group meets the second Friday of each month from 5:30—6:30 pm and is **free** of charge. It is open to anyone that wants to enhance their health, relationships, and enjoyment of life through mindfulness practice. For more information, **contact Ed Glauser at mindfuleg@aol.com or 706-202-3590.**

Intro to Yoga

\$60 (6 weeks)

Tuesdays Apr 17—May 22
4:00—6:00 pm

Instr: Robin Bewley, CHES, RYT

Wednesdays Apr 18—May 23
5:30—7:30 pm

Instr: Christina Clifton, RYT

This beginner's yoga class creates a foundation for a lifelong yoga practice. You will be introduced to 12 basic yoga postures, 3 breathing techniques, and a deep relaxation.

Mindfulness-Based Cognitive Therapy for Distress and Pain Management (MBCT)

\$145 (4 weeks)

(\$50 non refundable deposit)

Tuesdays May 15—June 5
6:30—8:30 pm

Instructor: Ed Glauser, LPC

MBCT is ideal for people that are experiencing general anxiety, depression as well as distress and pain from a variety of medical conditions. Moreover, participants can improve their relapse prevention skills for anxiety and depression.

Free Community Talk

April 10th 7-8 pm

Self-Hypnosis

\$165 (4 weeks)

Tuesdays April 17—May 8
6:30—8:30 pm

Instructor: Fred Breme, PhD, LLC

Hypnosis, also called "trance", is a state we have all experienced. When we daydream or accomplish tasks on 'automatic pilot' and don't remember details about the process, we've been in a type of trance. You can learn to create this state within yourself so you can accomplish goals or overcome obstacles. This is not a course that is meant to teach a person how to hypnotize others.

Level 1 Yoga

Wednesdays Ongoing
6:00—8:00 pm

Instructor: Mattee Barkdoll, MSW, RYT

This class is for people who have mastered Intro to Yoga. New postures are introduced.

\$60 for 6 sessions
 \$110 for 12 sessions

Pre-Natal Yoga

Thursdays Ongoing
6:00—7:45 pm

Instructor: Judi Spears, RYT

These gentle yoga postures increase overall comfort during pregnancy, enhance physical and mental well-being and prepare the body for labor and delivery.

\$60/ 6 sessions

Another Opportunity!!

Bridges to Health For Optimal Health

\$150 (6 weeks)

Tuesdays Apr 17—May 22
6:00—8:00 pm

Instructor: Rich Panico, MD

- ◆ Feel healthy, happy and vital
- ◆ Improve sleep and mental acuity
- ◆ Prevent many common diseases
- ◆ Improve mobility and balance

For more info or to register for a class,

please call the Mind Body Institute

706-475-7329.

Class sizes are limited, so get your spot early!

www.armc.org/mbi