

# IHI Fall

## Programs & Class Schedule



### Next Sessions Starting August 17<sup>th</sup>!

The Integrative Health Institute is proud to offer a variety of health promotion programs. Each program is designed to offer you education and practical skills to help you achieve your health goals. Our talented instructors provide small group instruction in a beautiful and intimate setting. All of our programs/classes will run on a 6-week block schedule rather than on a drop-in basis.

Space is limited, so please call to reserve your spot today.

New 6-Week Sessions will begin on each of the following weeks:

- August 17<sup>th</sup>
- September 28<sup>th</sup>
- November 9<sup>th</sup>
- January 4<sup>th</sup>
- February 15<sup>th</sup>

#### Guided Imagery

Mondays | 6:30-7:30 | \$125

Stress can make you sick! Learning skills that promote relaxation can help. This class is designed to introduce you to guided imagery and meditation techniques that promote deep relaxation. Learn to connect with yourself gain better access to your inner wisdom.

#### Yoga ~ Vinyasa Flow

Monday or Wednesday Night Sessions | 7:30-8:30 | \$125

This semi private yoga class is great for beginner to intermediate yoga levels and is founded in Hatha yoga. Join our talented instructor as she encourages you to move with your breath. Yoga mats and towel rentals are available.

## Prenatal Yoga

Wednesday 6:00-7:00pm or Saturday 11:00am -12:00pm | \$125

Prenatal yoga can have many physical and mental health benefits. This class is specifically designed to help you prepare your body and mind for your birth experience. All of our instructors are certified in prenatal yoga to ensure your safety and classes hold a maximum of 5 people to ensure you get the attention you need.

## Postnatal Yoga

Thursdays | 2:30-3:30pm | \$125

Join our supportive group of new moms and babies. Nourish your body mind and spirit after your birth. Bring your baby to class and enjoy yoga together. Classes are appropriate for babies who are not yet at the crawling stage.

## Postnatal (New Mommy) Fitness

Wednesdays | 2:00-4:00pm | \$150

This 6-week course for parent and baby is designed for postnatal health promotion with specific focus on your core muscles and pelvic floor. Exercise, have fun and meet other new parents. Each class is limited to 5 participants and their infants to ensure individual attention and instruction. Please bring a baby carrier to class.

## Pilates

Beginner Group | Tuesdays 5:00-6:00pm | \$125

Advanced Group | Tuesdays 6:00-7:00 pm | \$125

Join us for a 6-week intensive Pilates course. Pilates is a physical practice designed to strengthen your core muscles resulting in optimal posture and spinal health. The beginner course is appropriate for first time participants and those participants who are referred to Pilates by a medical professional. The advanced group is appropriate for participants who have some Pilates experience and those who have graduated from the beginner course.

## Hypnobirthing (Birth preparation course)

Wednesday or Friday Sessions | 7-9:30pm | \$300/couple

Hypnobirthing is an educational course designed to teach you the skills of self-hypnosis and deep relaxation. This course will help you and your birth partner prepare for an empowered, comfortable and natural birth experience. For more information on Hypnobirthing and our instructor please visit. [www.hypnobirthingclass.com](http://www.hypnobirthingclass.com)

## Infant Massage

Thursdays | 10:30-11:30am | \$180

Learn the techniques of infant massage by bringing music and massage together with a Registered Massage Therapist and Doula. This fun and interactive seminar is an excellent way to establish non-verbal communication, skin to skin bonding, prevent gas and colic and improve sleep (which means more sleep for you too). This class is appropriate for babies who are not yet at the crawling stage.

*We look forward to seeing you at IHI this fall*

### Special Notes:

- Classes will be prorated for statutory holidays and clinic closures. Refunds are not available for missed classes.
- Please arrive 20 min before your first class to complete your registration forms.
- If you still have passes for Yoga or Pilates, you will be given a credit on your account that can be used towards any of our exciting fall programs.

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