

Spring Classes at the Integrative Health Institute

The Integrative Health Institute is proud to offer a variety of health promotion programming with talented instructors, small groups and a beautiful, healing environment. All of our programs/classes run on a revolving 6-week schedule rather than on a drop-in basis.

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

- March 29th
- May 10th
- June 21st
- August 2nd

NEW Yoga for Runners | Monday | 6:30-7:30 | \$125

A class designed especially for the physical and mental demands that are unique to runners of all levels. Classes will flow through poses that stretch your muscles, strengthen your core and incorporate sun salutations to target the entire body. Yoga for Runners will improve your flexibility and strength, taking your running experience to the next level.

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

This semi-private yoga class is great for beginner to intermediate level yogis and is founded in the Hatha tradition. Join our talented instructor as she encourages you to move with your breath. Yoga mats are available if you forget your own.

Prenatal Yoga | Wednesday 6:00-7:00pm OR Saturday 11:00-12:00p | \$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 the birth experience. To ensure your safety, all of our instructors are certified in prenatal yoga and the class never holds more than 5 participants.

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

This 6-week course for parent and baby is designed for postnatal health promotion with a 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.

NEW Restorative Yoga | Saturday | 9:30 -10:30 | \$125

Restorative yoga is used therapeutically for deep rest of the body and mind. It is a very slow and gentle form of yoga, that uses "props" (bolsters, blankets, blocks, chairs, walls, etc.) to

allow participants to stay in poses longer and without strain. Restorative yoga supports a deep sense of relaxation and is ideal for yogis of all levels looking to reduce stress in a practice that gently integrates mind and body.

Pilates

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

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

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 referred to Pilates by a medical professional. The advanced group is appropriate for participants who have some Pilates experience and have graduated from the beginner course.

Hypnobirthing® (Birth preparation course)

Tuesday 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

Infant Massage | Thursday | 11:30-12:30am | \$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.

Class Schedule at a Glance:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning				Infant Massage 11:30-12:30p		Restorative Yoga 9:30-10:30a Prenatal Yoga 11:00-12:00p
Afternoon			New Mommy Fitness (Postnatal) 2:00-4:00p	Postnatal Yoga 2:30-3:30p		
Evening	Yoga for Runners 6:30-7:30p Yoga: Vinyasa Flow 7:30-8:30p	Beginner Pilates 5:00-6:00p Advanced Pilates 6:00-7:00p Hypnobirthing Course 7:00-9:30p	Prenatal Yoga 6:00-7:00p Yoga: Vinyasa Flow 7:30-8:30p		Hypnobirthing Course 7:00-9:30p	