

Fall Events at the Integrative Health Institute

Weekly Classes – Next Session Starting Soon

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:

- September 28th
- November 9th
- January 4th
- February 15th

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 and 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)

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 ~ Thursdays | 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.

Specialty Workshops

Living the Dream ~ With Sue Kenney Thursday September 24, 2009 | 6:30-9:30 | \$65

I'm living a dream I didn't know I had. One day, when I realized the dream came true; I discovered that I'd been dreaming for it all my life. Do you know what you've been dreaming for? Sometimes we need to be able to see ourselves from a different perspective to gain clarity. Creating a dream board or as it's sometimes referred to, a vision board, provides us with a creative medium to visualize what we want to have in our lives right NOW. In this workshop you will learn how to become more aware of your gifts and how they contribute to your vision. During the workshop you will create your own dream board as well as learn tips on how to use, relate to, and set specific goals surrounding the work you completed on your vision board.

Sue Kenney is a pilgrim, author, speaker, coach and workshop facilitator. Suddenly finding herself downsized after years dedicated to her career, Sue walked 780 kilometers on the pilgrimage route known as the Camino de Santiago de Compostela in Spain. Following her journey, she wrote a best selling book called My Camino, which is now in development as a feature film. www.suekenney.ca

Workshop Details

Thursday September 24, 2009

Reception 6:30pm to 6:45pm

Workshop 6:45pm to 9:30pm

\$65.00 plus GST (includes all materials)

Join our Run For The Cure team today! Run with us October 4th!

Log on to www.cibcrunforthecure.com/html/registration_start.asp and register as part of the Integrative Health Institute's team! Help us support this great cause! Let's end cancer together!

Integrative Health Institute
46 Sherbourne St. 2nd Floor
Toronto, ON, M5A 2P7
T: 416-260-6038
www.integrativehealthinstitute.ca