

Winter Events at the Integrative Health Institute

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:

- January 4th
- February 15th
- March 29th
- April 5th

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

IHI Running Group & Workshop with Dr. Caley Bell-Pasht | Gluteus medius: a runners best friend or worst enemy | Monday January 4th | 5:30 | Free Admission

Join us for our regular monthly running session and workshop. This month join IHI's newest chiropractor, Dr. Caley Bell-Pasht as she talks about a runners favorite bum muscle; the gluteus medius.

Seminar: "Mommies with Cameras" with Negi Sarafi Monday January 11th | 1-2p | Free Admission, Babies Welcome, 12 person capacity

Join professional photographer Negai Sarafi for a complementary photography seminar for Mommies. Babies are welcome! Register with reception to reserve your spot! More information about Negi can be found on her website and recent review from sweetmama.ca! www.nsairafiphotography.com sweetmama review: <http://tiny.cc/xJcME>

Seminar: Infant & Child CPR Saturday January 16th | 2:30-6:30p | \$60+GST/person

A must class for new and experienced parents alike!! You never know when you may be faced with an emergency and knowing what to do in that situation may mean the difference between life and death. Space will be limited so please call IHI to confirm your registration. Babies are welcome, but do not need to be present at the course.

Seminar: Living the Appreciative Life Thursday January 21st | 6:00-9p | \$65+GST (20 person capacity)

In our very hectic lives as super women, we forget to stop and appreciate the aspects of living that bring us the most joy and fulfillment. The images of our life that we create direct our destiny—who we are, the way we live, the relationships we form and our happiness in the moment. This positive focused and fun filled workshop capitalizes on what women do best and helps us to create mechanisms for appreciation in our everyday lives. Register with IHI reception.

First Line Therapy: Group Program (runs through April 8th) Thursday January 28th | 6:00-7p | Call for more information

Are you looking for support in achieving your body composition goals? Are you hoping for sustainable eating strategies and meal planning tips? Who wouldn't be? Join Dr. Erin Wiley ND and Nutritionist Kaitlyn Baptist for a 12 week, medically supervised body composition program. Get the professional support you need to achieve all of your health goals in the New Year. Call for more information and to reserve your spot at reception. NOTE: the FLT group program will not be running the week of February 11th

IHI Running Group & Workshop: Yoga for Runners | Monday Monday February 1st | 5:30 | Free Admission

Dress comfortably for a complementary yoga class designed specifically to target the tight spots experienced by runners. The class will be instructed by IHI's yoga therapist Kaitlyn Baptist. Spaces are limited as our running groups are popular monthly events.

WCM Seminar: Nutrition for Vitality with Dr. Meghan Walker Thursday February 11th | 6:30-7:30p | Private event for WCM members

With busy hectic lives it is often difficult to find the time or inclination to prepare wholesome meals or make sound nutritional choices. What if you knew how to make your food work for you? Learn how to leverage what you eat to protect you from oxidative stress and optimize your performance throughout the workday. Join us for a real-world discussion on how to optimize nutrition for vitality.

Seminar: The Magic of Menopause with Dr. Meghan Walker Thursday February 25th | 6:30-7:30p | Free Admission

Society paints menopause as a period of life marked by heat waves and moodiness, but this does not have to be *your* story. Menopause is more accurately a period of significant endocrine change, change that unlocks a potential to harness an increase in creativity, intuition and direction. Menopause can be one of the most significant and positive experiences in a women's life... if you learn to harness the magic. Join us for a free 1-hour seminar with Dr. Meghan Walker.

IHI Running Group & Workshop: "Guided Imagery and Meditation for Runners" with Kara Lister | Monday March 1st | 5:30-6:30 | Free Admission

Meditation is a great way to relax your body, calm your mind, decrease stress and promote deep relaxation. Join our yoga expert Kara Lister as she teaches a complementary class for beginners. Wear comfortable clothing and register at IHI reception for our popular monthly running series.

Seminar: Hormone Balance: Improve your body composition and Vitality with Dr. Erin Wiley Thursday March 4th | 6:00-7:00p | Free Admission (20 person capacity)

Join Dr. Erin Wiley, Doctor of Naturopathic Medicine, as she explores your endocrine system and the creation of optimal hormone balance. You don't need to live with painful periods, mood swings, insomnia or other symptoms of an imbalanced system. Learn to nurture your mind, body and spirit and bring your hormonal rhythms back into tune. Complementary Seminar. Register with IHI reception.

Seminar: Stress management for the Real World with Yukimi Henry MSW Thursday March 18th | 7:00-8:00p | Free Admission

Join IHI's new counselor Yukimi Henry, MSW. Learn how to develop and apply stress management techniques that really work in the real world. Our focus will be on realistic and achievable ways to reduce and cope with daily stress in your personal and professional life. Please register with IHI reception.

Karma Yoga: Yoga for Hormone Balance with Kaitlyn Baptist Wednesday March 24th | 8:30-9:30p | Free Admission

Join our yoga expert Kaitlyn Baptist for a complementary karmic yoga class. This is a great opportunity for those who have not yet experienced the balancing effects of yoga. Wear comfortable clothes and register with IHI reception