COMMUNITY CLASSES

Beginner Yoga: This class helps you reconnect with your body by learning basic yoga poses, gentle breathing and guided meditative techniques. No yoga experience needed. September 19 - November 21, 2018  https://www.regonline.com/yogabeg

Level One Yoga: This class builds upon the foundation of breath exercises and poses learned in a basic yoga class. Poses will include standing poses, shoulder and hip openers, seated poses, twists, and backbends to develop strength and flexibility. Some yoga experience is necessary. September 18 - November 20, 2018  https://www.regonline.com/buckeyeyogaone

Yoga Physical Therapy: This class promotes integrative wellness that builds on the bodies of research from both yoga and physical therapy to safely address the physical body with consideration of medical conditions. The goal is to improve whole health outcomes by incorporating breathing and mindful meditation to this therapeutic practice. Each session meets students wherever they are in the healing process. No yoga experience necessary. September 17 - November 19, 2018

Gentle Hatha Yoga: Hatha Yoga uses traditional yoga postures and breathing techniques to build strength, promote flexibility and help manage stress. Gentle Hatha yoga is accessible to all body types and modifications will be available to all students. No yoga experience necessary. Sessions offered in August 27 - November 2, 2018  https://www.regonline.com/hathayogapass

Tai Chi For Health: Tai Chi is a series of slow, meditative movements that improve health through relaxation, mindfulness, and strengthening postures. This form will challenge your focus, awaken your senses, develop balance, and teach you ways to draw peace in each moment. Each class will introduce movements tied to a weekly theme meant to encourage reconnection of your body, mind, and spirit. Classes are cumulative so attending the first class in each session is recommended for success. September 27th-November 1, 2018  https://www.regonline.com/taichiforhealth

Therapeutic Self-Massage: Massage helps to reduce muscle tension and stiffness by increasing blood flow to your muscles. Learn the art of becoming your own massage therapist by using foam rollers, tennis balls and your own hands to release problem areas throughout the body. The class includes gentle stretching and a relaxation practice. No experience necessary. Sessions held on the second Thursday of each month beginning October 11, 2018  https://www.regonline.com/selfmassage

Spontaneous Mediation: Spontaneous Meditation is a natural and simple technique of consciousness that strengthens and supports both the mind and body to enhance health and well-being. During meditation the mind is spontaneously opened to and nourished by the underlying field which is the infinite source of energy, intelligence, and bliss. Spontaneous Meditation connects one to the wholeness of life improving all aspects of health and wellness. No experience necessary. Sessions made up of 3 classes are offered monthly. Please call 614-293-9777 to schedule.

Reiki: Reiki is a healing technique for stress reduction and relaxation. It is administered by laying on hands to channel healing energy from the practitioner to the patient. In addition to discussion and practice, participants will define Reiki energy, learn the history of Reiki, Identify Reiki principles and components of the chakra system, and learn Reiki hand positions. No experience necessary for Reiki One training. Fall Reiki Level One November 8, 2018  https://www.regonline.com/reikilevelone

Urban Zen Therapy: This course provides a path to renewing, restoring and healing for people who are exhausted, anxious or overly stressed. A certified Urban Zen Integrative Therapist will lead you through practices that include, restorative yoga poses, aromatherapy, Reiki, breath awareness, and guided meditation. This class is appropriate for everyone, whether you are recovering from illness or injury, or in need of self-care practices. No experience is necessary. Holiday Urban Zen Training October 10th-November 14th  https://www.regonline.com/uztherapy