

Ohio State Integrative Medicine Community Class Schedule

BUCKEYE HEALING YOGA: BEGINNER

Lori Bower, Instructor

Date: WEDNESDAYS
Time: 5:30 - 6:30pm
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/yogabeg>

This introductory yoga class is for adults who may have shied away from yoga in the past and are missing the many benefits that yoga can afford. Attend this healing class to reconnect with your body through learning basic yoga poses, gentle breathing, and guided meditative techniques. *(No previous yoga experience is necessary.)*

BUCKEYE HEALING YOGA: LEVEL 1

Sharon Thomas, Instructor

Date: TUESDAYS
Time: 5:30-6:30pm
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/yogaone>

This yoga class builds upon the foundation of breath awareness, warm-up movements, and asanas (poses) learned in any basic yoga class. Poses will include standing poses, shoulder and hip openers, seated poses, twists, and backbends to develop strength and flexibility. Come renew your practice! *(Some yoga experience is necessary.)*

YOGA PHYSICAL THERAPY

Stephanie Kelley, PT, PhD, Instructor

Dates: MONDAYS
Time: 4:00-pm- 5:30 and 5:30-6:45pm
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/yogaforPT>

This course 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 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. Mindfulness and self-assessments are used to create awareness of impairments. Education builds understanding on how the mind and body interact. This understanding is used to create compassion and progress toward optimum health.



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GENTLE HATHA YOGA

Susan Cunningham, Alice Drury, & Aimee Romans, Instructors

Date: Mondays, Thursday, Fridays

Time: Monday Class 5:30pm-6:45pm Instructor- Amiee Romans
Thursday Class 5:30pm-6:45pm Instructor-Alice Dury
Friday Class 11:30-12:30pm Instructor-Susan Cunningham

Location: Martha Morehouse Pavilion
Room # 1046 (Purple Room)
2050 Kenny Road
Columbus, Ohio 43221

Register: <https://www.regonline.com/hathayogapass>

This Gentle Hatha Yoga Class 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.

MINDFULNESS IN MOTION

Lori Bower, Instructor

Dates: Mondays

Time: 5:30-6:30

Location: Ohio State Integrative Medicine, 2000 Kenny Road

Register: <https://www.regonline.com/stressreductionwinter>

Mindfulness in Motion is an 8-week program designed by Maryanna Klatt, PhD, Ohio State University College of Medicine, for adults to learn practical strategies for stress reduction. This course has produced scientific research showing critical care nurses reduced physiological markers of stress by 40%, university faculty and staff improved sleep, bank employees reduced perceived stress, and cancer survivors and caregivers significantly improved resiliency. Mindfulness in Motion combines guided mindfulness meditation, gentle yoga stretches done from a chair, and relaxing music. Weekly classes focus on the impact of chronic stress on health, the difference between stress reactivity and response, breathing techniques to help you relax, mindful sleep, and a mindful eating practice. Course registration includes a workbook and web access to daily audio/video stress reduction practices.



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MINDFUL EATING

Lori Chong, RD, Instructor

Dates: Thursdays
Time: 5:30-6:15pm.
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/osumindfuleating>

The class will introduce the concept of mindful eating and practice mindful eating together.

TAI CHI FOR HEALTH

Diane Habash, PhD, Instructor

Dates: THURSDAYS
Time: 6:15-7:15pm
Location: Ohio State Integrative Medicine 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/taichiforhealth>

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 - no matter what moment you are in. Each class will introduce movements tied to a weekly theme meant to encourage reconnection of your body, mind, and spirit. Studies suggest that practicing tai chi may have a variety of health benefits, such as better balance, reduced back and knee pain, and a better quality of life for people with heart disease, cancer, and other chronic illnesses. (Please note that classes are cumulative; the first classes in each session are recommended for single class attendees.)

THERAPEUTIC SELF-MASSAGE

Cheryl Boschert, Instructor

Dates: THURSDAYS
Time: 6:30-7:30pm
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/selfmassage>

Massage helps to reduce muscle tension and stiffness by increasing blood flow to your muscles. Learn the art of becoming your own massage therapist using foam rollers, tennis balls and your own hands. This class begins by releasing problem areas throughout the body, includes a gentle stretch and closes with a relaxation practice. Class is conducted on floor using yoga mats. (No Experience Necessary).



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SPONTANEOUS MEDITATION

Hari Sharma, MD, Instructor

Dates: Thursdays
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: Please call 614-293-9777

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. This technique is not based on concentration, contemplation or manipulation of the mind. 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.

URBAN ZEN THERAPY

Lori Bower, Instructor

Dates: Wednesdays
Time: 6:30-7:30pm
Location: Ohio State Integrative Medicine, 2000 Kenny Road, Columbus, OH 43221
Register: <https://www.regonline.com/uztherapy>

The path to renewing, restoring, and healing for people who are exhausted, anxious or stressed has come to OSU. Urban Zen was inspired by Donna Karan and developed by Rodney Yee and Colleen Saidman Yee. A certified Urban Zen Integrative therapist will lead you through practices that include gentle movements, restorative yoga poses, aromatherapy, Reiki, breath awareness, and guided meditation. In a world of over-stimulation and over-work, these practices can offer you a meditative sanctuary. This class is appropriate for everyone, whether you are recovering from an illness or injury or simply in need of tender loving care. (No yoga experience is necessary.)



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