

Gary's "World of Wellness"

SAVE \$5.00 OFF

The purchase of
**A Gift Certificate
For Massage Treatment**

Choose from Relaxation, Deep Muscle,
Reiki, & Shiatsu

Reg. \$60.00/1 Hour By appointment only
This offer expires August 31, 2005

Gary's "World of Wellness"

**Yoga
For
Health & Fitness**

**Sign up with a friend and each
SAVE 10% OFF an 8 week Session**

First time students only
Instructor: Connie Miller
Reg. Price \$100.00 8 week session

Yoga

The practice of Kripalu yoga is designed to lead us to an ever-increasing knowledge of our mind and body's needs in order to achieve and maintain good physical, mental and spiritual health. In short it deals with the whole person. Classes have people from all ages. Many suffer from a broad range of medical conditions including physical, mental and stress related disorders. Others attend to improve their strength, flexibility and balance as well as cultivate inner stillness. The course is the same for everyone. Finding one's own edge, we allow ourselves to be challenged without pain. Each session includes postures, guided breathing, relaxation and meditation..

Yoga for Better Health and Fitness

Kripalu style yoga for the improvement of your health and fitness. This class is for people who are of general good health. Thru proper alignment and posture you can improve your physical fitness whether for advancement or just general good health practices.

Power Yoga

Power Vinyasa Yoga is a moving meditation of yoga postures combined with deep breathing. This flow builds strength and flexibility, using the entire body to create heat, which burns calories and helps to release toxins from the body. By focusing on deep breathing and the smooth movements, this style of yoga brings you closer to your authentic self. All levels from beginner to advanced, at any age, will walk away feeling both lighter & stronger.

Yoga for Kids

Yoga introduction specifically for kids. Class includes: Centering/grounding, postures, songs, creative movement and relaxation exercises. Helps kids to focus, to have better posture, balance and flexibility. Also a stress reducer, teaching tools to deal with pressures of the busy world. Themes of and around Nature in attempt to connect kids to the earth.

Yoga Rhythmics

The expression of Yoga through dance! Drawing from the roots of yoga to develop awareness and acceptance of body and self, these classes focus on self-expression, playfulness, and creative healing movement. Join us for energetic, fun-filled classes with a holistic approach to well being, and come alive to your 7 major centers of energy or charkas.

Also know as Kripalu DansKinetics, these classes welcome people of all ages and body types; no previous yoga or dance experience is required.

Pilates

A unique method of conditioning that allows you to reshape and redefine your body. Pilates focuses and strengthens the muscles in the center of the body; abdominal, shoulder girdle and deep support muscles of the spine that create and maintain good posture and alignment. Improve posture, balance and coordination. Promotes flexibility, mobility, and injury prevention. Tones your body. Stabilizes the body and facilitates smooth, controlled movements.

Middle Eastern (Belly)Dance

Join us as we explore this ancient art in a supportive atmosphere. Class will include some discussion on dance history and costuming. No dance exp. necessary. Belly dance improves your confidence, posture and enhances your general well being. We will learn basic dance movements and incorporate them into a drum solo

Massage

Massage is a systematic form of touch that relieves tension and promotes relaxation. A lymphatic massage uses special strokes to increase lymphatic drainage, which aids the body with the removal of toxins. This process improves circulation, tones muscles and strengthens the immune system. By Appointment

Reiki

Reiki also referred to as hands-on healing uses gentle natural life force energy to bring the body back into balance. It releases blocked energy caused by emotional and mental stress. It enhances the body's natural ability to heal itself. Reiki's gentle energy is effective with adults and children.

Reflexology

Foot Reflexology is an ancient healing science that utilizes massage to stimulate reflex points on the feet. This type of massage stimulates all the internal organs and activates all the systems of the body. Reflexology promotes relaxation, relieves stress and increases energy. By appointment

Shiatsu

Shiatsu based on principles 5000 years old, is an Eastern form of body therapy. Shiatsu treatments will influence the receiver's flow of energy (chi or qi) towards a healthful balanced state. A smooth flow of chi is believed to promote health on many levels, physically, emotionally and spiritually. Shiatsu can help to relieve physical symptoms such as headaches, stiff joints, sinus problems or back pain while healing the receiver at a deeper level. A treatment mainly uses gentle finger and palm pressure to manipulate chi and may induce relaxation or boost energy. By appointment

Private Nutritional Consultations

Confused about what vitamins and supplements to take? Looking for a General Wellness Program or Alternatives to assist you with; High Blood Pressure, Diabetes, Cancer, Hormone Replacement Therapy, Allergies, Asthma, Arthritis, High Cholesterol, Heart Disease, Peri-Menopause, Fibromyalgia, Prostate Health, Candida & Detoxification The answer is simple!
Gary M. Wolf R.Ph., CNHP, CNC By Appointment Only
Information Packet Available in store.

Also Available in our Holistic Health Center

**Feng Shui Consults \$60.00 *Reiki Energy Work \$60.00 *Astrology Readings \$80.00*

Kim Cherry - Available by appointment Tuesday, Thursday and Saturdays

To schedule an appointment or for more information e-mail kcherry@voicenet.com or call 610-539-6727

♥♥♥ Massage Treatments ♥♥♥

- **Massage Treatment (1hour)..... \$60.00**
- **Series of 5 Treatments (paid in advance)**
Save \$25.00 Total \$275.00

*We offer a selection of massage therapy including;
Relaxation, Aromatherapy, Deep Muscle, Therapeutic, Reiki, Reflexology & Shiatsu*
CALL FOR APPOINTMENTS *GIFT CERTIFICATES AVAILABLE