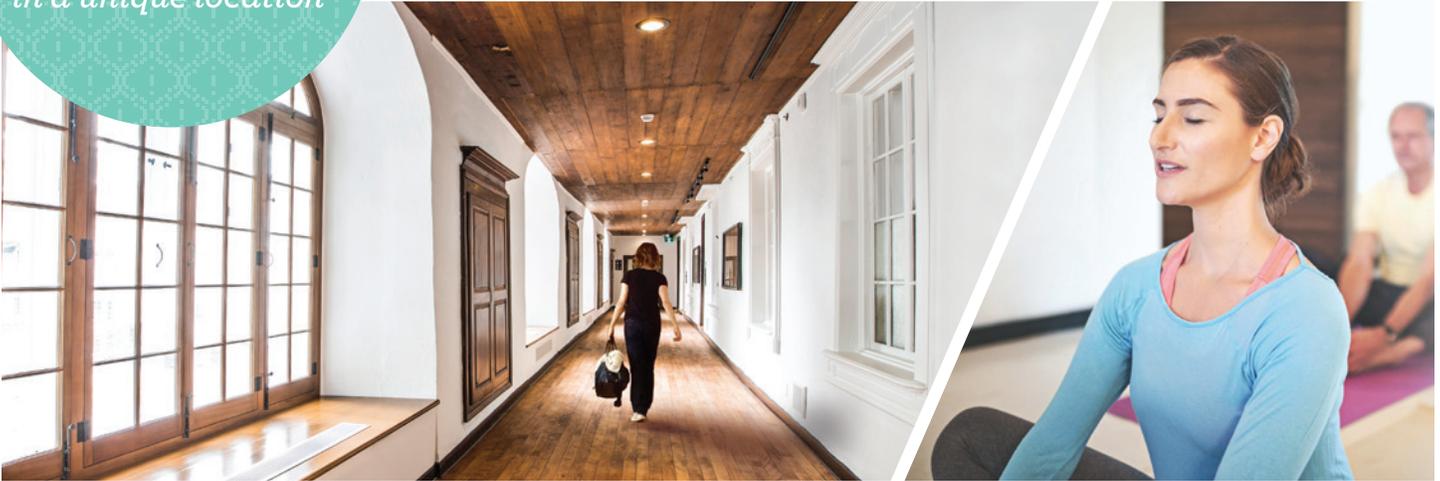


**EVERYDAY
HEALTH**
in a unique location



—
WELLNESS AND MOVEMENT ACTIVITIES SCHEDULE
—

	9:15 am	12:00 pm	5:30 pm
MONDAY	Meditation Walk	Hatha Yoga	Qi Gong
TUESDAY	Meditation Walk	Wellness Yoga	Tai Chi
WEDNESDAY	Meditation Walk	Power Shaking	Yoga / Pilates
THURSDAY	Meditation Walk	Hatha Yoga	Restorative Yoga
FRIDAY	Meditation Walk	Wellness Yoga	Serenity
SATURDAY	Meditation Walk	Mid-day Vitality	Ultimate Relaxation
SUNDAY	Meditation Walk	Mid-day Vitality	Ultimate Relaxation

MEDITATION WALK

—
Welcome the day with breath and mindful radiance
—

Our daily program's Meditation Walk series invites you to start the day on a gentle note with an activity focused on introspection. This morning practice will slowly awaken your body through breathing exercises, dynamic and fluid movements, and active meditation.

VITALITY SERIES

Integrate movement into your day

HATHA YOGA

This Hatha yoga class is designed for practitioners of all levels. This session includes meditation, poses from different asana families, and ends with a relaxation period. You will be guided through the session, and will learn to focus on the proper alignment for your condition, as well as on mindfulness, and conscious breathing.

WELLNESS YOGA

The ancient wisdom of yoga combined with the language and knowledge derived from modern science. Through poses, exercises and gentle techniques, Wellness Yoga helps you understand the various systems of your body, lighting the way to holistic health.

POWER SHAKING

This simple and effective active meditation technique can help you reconnect with your physical vitality, creativity, and spontaneity. The technique helps you free yourself from physical, psychological, and emotional tension by moving dynamically to regain fluidity in your body. Free your actions, and awaken your natural intelligence for movement.

MID-DAY VITALITY

A joyful way to end the week! Our instructors offer a different practice every Saturday and Sunday. This fun, lively class offers fluid, dynamic movement like Yoga, Pilates or dance.

RELAXATION SERIES

Find inspiration for peace and serenity

QI GONG

The practice of Qi Gong is an ancient Chinese practice consisting of slow movements that promote harmonious Qi (vital energy) throughout the body. Qi Gong exercises help maintain physical and emotional equilibrium along with flexibility, mobility, proper blood circulation through the organs and tissues, while promoting correct breathing and better stress and emotional management. All this results in a multitude of benefits both for the body and the nervous system.

YOGA / PILATES

Benefit from the interior and breath work of Yoga and the gentle, profound postural work of Pilates. Enjoy a series of repetitive movements that involve every part of your body, followed by a relaxation period at the end of the session.

RESTORATIVE YOGA

Restorative Yoga consists of comforting postures in which the body is completely supported by accessories like blocks, cushions and blankets for several minutes at a time. This practice calms the mind, liberates the breath, supports the immune system, regenerates the organs, improves digestion, etc. It's an excellent way to anchor yourself in the moment, relax deeply, locate your inner peace and rebuild your energy.

TAI CHI (OR TAI JI QUAN)

“Tai ji Quand is a transcendent movement art form.” (V. Stevanovitch, “The Path Towards Tai Ji Quan”). Often referred to as a form of “movement meditation”, Tai Chi is a Chinese practice defined by its use of continuous slow motion, circular movements. Tai Chi's core objective is to better the body's Qi (vital energy) flow, by improving and mastering specific breathing techniques. Practicing Tai Chi has been linked to improved flexibility (or suppleness), relaxed muscles, peacefulness, improved concentration, and a more awake state of mind.

SERENITY

A yoga practice that combines conscious breathing with stretching and simple poses that anyone can do, Serenity Yoga releases tension and fatigue that have built up over the week. Cultivates peace and serenity while restoring the whole body.

ULTIMATE RELAXATION

A focus on breathing, revitalization and meditation is designed to provide you with deep relaxation while releasing tension in your body and mind. This class offers an opportunity to care for – and enjoy – yourself over the weekend.