

CONNECT YOUR MIND AND BODY

The Henry Ford Center for Integrative Medicine is proud to offer wellness classes designed to help you strengthen your body-mind connection. All ages and fitness levels welcome.

Our classes will accommodate beginners no matter what style, unless noted on the schedule as an advanced class. Wear loose, comfortable clothing and bring a water bottle. Floor mats will be provided, but you may bring your own if you like. Classroom temperature is between 72 and 75 degrees.

All classes are \$12 each. Package discounts available. Henry Ford Health System employee rate is \$8 per class. To register for a class, download the MINDBODY wellness app from the app store on your smartphone and search for "HENRY FORD INTEGRATIVE MEDICINE". Walk-ins welcome.

CLASS SCHEDULE	
MONDAY	
11:00 a.m.	Yin Restorative Yoga with Maysaa
3:45 p.m.	Mindful Meditation with Erin
4:45 p.m.	Vinyasa Yoga with Raya
6:15 p.m.	Vinyasa Yoga with Raya
TUESDAY	
7:00 a.m.	Vinyasa Yoga with Kate
8:30 a.m.	Hatha Yoga with Kate
9:45 a.m.	Chair Yoga with Lyn
5:30 p.m.	Vinyasa Flow with Alex
6:45 p.m.	Vinyasa Flow with Alex
THURSDAY	
8:00 a.m.	Ashtanga Yoga with Maysaa
9:15 a.m.	Ashtanga Yoga with Maysaa
12:00 p.m.	Tai Chi with Zeyiad
5:30 p.m.	Hatha Yoga with Lyn
6:45 p.m.	Hatha Yoga with Lyn
FRIDAY	
7:00 a.m.	Iyengar Inspired Yoga with Raluca
8:30 a.m.	Iyengar Inspired Yoga with Raluca
11:00 a.m.	Tai Chi with Zeyiad
12 p.m.	Mindful Meditation with Erin
SATURDAY	
8:30 a.m.	Iyengar Inspired Yoga with Raluca

Please arrive 15 minutes early to allow for check in and set up.

Classes are 45 to 60 minutes long, depending on instructor.

For complete descriptions of classes, visit henryford.com/CIM or call (833) 246-4347 for more information.

4/2019