

WELLNESS CLASSES

Yoga • Tai Chi • Meditation

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.

YOGA	TAI CHI	GUIDED MEDITATION
Yoga is an ancient practice that stresses harmony between the body, mind and spirit. It includes specific poses combined with breath control and guided meditation. It can be used to improve symptoms associated with chronic health conditions, reduce stress, increase relaxation and self-awareness, build muscle strength and tone, and promote overall wellbeing.	Tai chi is an ancient Chinese martial art that embraces the body, mind and spirit. Often referred to as "moving meditation," tai chi involves a series of slow, meditative body movements that are designed to promote inner peace, improve muscular strength and flexibility, relieve pain, improve circulation, increase bone density and address a number of chronic health conditions.	Guided meditation is a mind and body practice that focuses on harmony and relaxation. Our instructor will guide you through a meditation session, helping you to focus on the moment, letting go of past stressors. It promotes calmness and physical relaxation, improves psychological balance, helps cope with illness and enhances overall health and wellness.

All classes are \$12 each. Package discounts available. Henry Ford Health System employee rate is \$8 per class.

REGISTER TODAY!



To register for a class, download the MINDBODY wellness app from the app store on your smartphone and search for "HENRY FORD INTEGRATIVE MEDICINE" in Dearborn. Walk-ins welcome!

Questions? Visit henryford.com/CIM or call (833) 246-4347 for more information.

Henry Ford Center for Integrative Medicine
Henry Ford Medical Center - Ford Road
5500 Auto Club Drive, Suite 200
Dearborn, MI 48126



CLASS DETAILS

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.

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

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CLASS SCHEDULE	
MONDAY	
11:00 a.m.	Yin Restorative Yoga with Maysaa
3:00 p.m.	Mindful Meditation with Erin
4:45 p.m.	Women's Only Vinyasa Yoga with Alex
6:15 p.m.	Vinyasa Yoga with Alex
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
THURSDAY	
9:00 a.m.	Ashtanga Yoga with Maysaa
10:15 a.m.	Ashtanga Yoga with Maysaa
4:30 p.m.	Chair Yoga with Lyn (beginning the 1st week of November, 2019)
5:30 p.m.	Women's Only 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
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.**