



CHRISTUS ST. VINCENT HOLISTIC HEALTH & WELLNESS CENTER

Movement Class Open House

Saturday, October 17, 2015 • 1:00 – 4:00 pm

Come and meet our instructors and experience our new class offerings in this beautiful facility! Class packages will be 50% off at this FREE event.

Tai Chi for Health & Relaxation

with Jill L. Basso | 1:15 – 1:45 pm

Tai Chi Chuan is a meditative, ancient Asian art that helps enhance awareness of the body with its focused, slow & continuous movements creating balance in the mind-body connection. In this class you will learn basic movements to enjoy these benefits giving rise to relaxation and renewed energy for everyday life. Jill L. Basso is a Certified Tai Chi Instructor, bodyworker, and educator and has been teaching Tai Chi since 1995.
www.desertsagetaichi.com

Yoga For Health

with Cynthia Nero | 2:00 – 2:30pm

Yoga is an intelligent, transformational, and powerful practice, which develops greater awareness, confidence, self-esteem, emotional balance, flexibility, and strength. In this class we will explore a variety of postures, breath work and relaxation techniques using props to support and safely guide you to your optimal pose. Cynthia Nero is a certified Iyengar yoga teacher who has taught for 23 years and is the author of *The Everything Yoga Book*, and *Yoga Poses to Shift Your State of Mind*.

Healing with Qigong

with Rose Allen | 2:45 – 3:15 pm

The slow, meditative movements of this ancient healing art serve to improve overall health, vitality and life force. We have the ability to heal ourselves and build energy through the practice. Benefits are numerous. Rose Allen has been practicing and studying for a decade and thrives when teaching.
www.TheWayofQigong.com

Meditation In Motion

with Lisa Gulotta | 3:30 – 4:00 pm

Often, in our yoga practice, we strive so hard to "get it right" that we forget to listen to our inner voice, our life-force, our prana. This is a fluid, gentle yoga class that incorporates music, lyrical movement and breath. Lisa Gulotta is a yoga instructor, fitness trainer, and dancer and has a video *The Next Step, Vol. I: Restorative Exercise After Breast Cancer*.
www.lisagulotta.com



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Holistic Health & Wellness

490 B. West Zia Road, Suite 4 | Santa Fe, NM 87505 | (505) 913-3820