

WINTER 2024

**STUDIO AND ONLINE
WELLNESS
CLASSES**

**FROM THE STEINBERG
WELLNESS CENTER FOR
MIND AND BODY**

**Including Bone Health &
Osteoporosis Program**

See page 8 for more information.



YOGA AND PILATES

NUTRITION & WEIGHT LOSS

ESSENTRICS

OSTEOPOROSIS PROGRAM

QIGONG & TAI CHI

SELF-DEFENSE

MINDFULNESS

PARKINSON'S

SENIOR FITNESS

STRESS MANAGEMENT

NATURAL THERAPIES

BABYSITTING TRAINING

ACUPUNCTURE

**THERAPEUTIC MASSAGE/
PHYSICAL THERAPY**

**PERSONAL TRAINING/
PRIVATE CLASSES**

AND MORE!

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The **Steinberg Wellness Center for Mind and Body** is home to a wide range of classes and programs designed to keep you and your family healthy. There is something for everyone, whether you're looking to get fit, reduce stress or gain control of your health naturally.

Studio and Online Classes

Some classes are offered both Online and in the Studio. **When registering, please be sure to select either the Online class or the Studio class.** For example, you would register for either Dance Fitness: The Nia Technique (Online) or Dance Fitness: The Nia Technique (Studio).

Insurance

Some insurance plans provide fitness and wellness reimbursement benefits. Contact your insurance provider for more information.

Payment and Refund Policy

- If paying by check, please make it payable to Emerson Health.
- Because our classes are supported totally by fees, refunds are not given.
- No discount, transfer, refund or credit if student is unable to attend all classes.
- No make-up classes.

Cancellation Policy

The Steinberg Wellness Center reserves the right to cancel any program due to low enrollment or inclement weather. You will be notified if a class is cancelled.

Questions?

Contact us at EmersonWellness@emersonhosp.org or 978-287-3777.

For complete class descriptions or to register, visit
EmersonWellness.org

Times and dates subject to change. Please check the website for up-to-date schedules and cancellations.

Emerson Health is an approved provider of Continuing Nursing Education by ANA-MA, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

FITNESS/MOVEMENT

Free Introductory Class

Align for Motion for Whole Body Fitness (Online)

An introduction to the principles of Aston Fitness along with an exercise sequence that gives you an experience of improved alignment and the unique Aston approach to developing balanced muscle tone throughout your whole body with each exercise.

- Tuesday, January 16, 9:00-10:00 am
- \$15

Align for Motion for Whole Body Fitness (Studio or Online)

A unique fitness routine based on Aston Kinetics™ principles of natural movement to loosen, stretch, and tone your whole body. These exercises improve posture by releasing areas of held tension to decrease stiffness and discomfort that may be preventing you from moving in ways that you would like. Learn to coordinate your body weight to work with gravity and generate balanced tone throughout your whole body to avoid repetitive strain and reduce wear and tear on your joints. Get more benefit from your workout and increase your fitness as you move through your day. Discover dynamic ways to sit, stand, and move during everyday activities to feel renewed energy and sustained comfort. Wear comfortable clothing. Bring a bath towel and yoga mat. Instructor: Shirley Lynch, MS, OT, OTR, LMT, Certified Aston Fitness

- Tuesdays, 9:00-10:00 am
begins January 23 and March 26
- \$159 for 8-week session
- * Register for either STUDIO or ONLINE class

Align for Motion: Relieve Your Natural Posture to Relieve Aching Neck, Shoulders & Back Workshop (Studio or Online)

Postural changes due to repetitive strain, injury, surgery, illness, or life stress contribute to discomfort or pain and prevent you from being active. This introduction to Aston Fitness™ offers a unique approach for reclaiming your natural postural alignment and a new way of moving for increased comfort in everyday activities. Discover effective exercises to release areas of held tension, improve posture, and use your body weight against gravity to generate balanced tone throughout your whole body to avoid repetitive strain and overuse of your joints. Bring a bath towel and bed pillow. Instructor: Shirley Lynch, MS, OT, OTR, LMT, Certified Aston Fitness

- Saturday, March 30, 10:00 am-12:00 pm
- \$49
- * Register for either STUDIO or ONLINE class

Align for Motion: Toning the Abdomen & Pelvic Floor for Postural Support Workshop (Studio)

In this introduction to Aston Fitness™ discover new and effective ways of toning abdominal and pelvic floor muscles for increased postural support. Aston Fitness teaches a sequence of exercises that release areas of held tension, improve postural alignment, and promote balanced muscle tone throughout your whole body. Discover the benefit of toning your core, legs and pelvic floor in optimal alignment using the forces of gravity to work with you. Learn how to bring these postural and movement changes to walking for continued benefit throughout your day. Wear walking shoes and comfortable clothing. Bring a bath towel and yoga mat. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- Saturday, January 20, 10:00 am-12:00 pm
- \$49

Questions?

Contact us
EmersonWellness@emersonhosp.org

ESSENTRICS®

Developed by Miranda Esmonde-White, author of *Forever Painless and Aging Backwards*, and creator of the long-running PBS fitness show, *Classical Stretch*. A diverse music playlist accompanies each routine creating a fun, positive environment. You'll leave feeling rebalanced, elongated and strong! Classes taught by certified level 4 Essentrics instructors.

Essentrics Restore, Release & Rebalance (Online)

A full-body exercise program designed to help you slowly build strength, flexibility, and mobility, and reawaken the power of your 650 muscles. Designed for those new or returning to exercise, have slightly limited mobility, stiffness and chronic aches and pains. Ideal for athletes looking to stretch, and for all ages and abilities looking for a gentle, slow-tempo class. Involves some floor work. Instructors: Severina Gates, Certified Level 4 Essentrics; Wendy Madden, Certified Level 4 Essentrics

- Tuesdays, 10:30-11:30 am
begins January 9, February 13, and March 19
(Severina)
- Wednesdays, 12:00-1:00 pm
begins January 10, February 14, and March 20
(Wendy)
- \$108 for 5-week session

Essentrics Stretch & Tone (Online)

A unique full-body workout that strengthens and lengthens your muscles simultaneously for a lean, toned and flexible body, resulting in longer, leaner, stronger muscles without using weights. A moderately-paced class, ideal for beginners or non-beginners who are active, healthy, and fully mobile. Instructor: Severina Gates, Certified Level 4 Essentrics

- Tuesdays, 11:45 am-12:45 pm
begins January 9, February 13, and March 19
- \$108 for 5-week session

Dance Fitness: The Nia Technique® (Studio)

Get fit, lose weight, strengthen and condition, de-stress, and have fun! A powerful fusion of dance, martial arts, and mindfulness, Nia is a holistic movement and wellness practice addressing body, mind, and soul. Nia is for everybody, regardless of age, health, or fitness level. Using a system of 52 simple moves, each Nia workout delivers low-impact, full-body conditioning leaving you energized, mentally clear, and physically and emotionally balanced. Instructor: Susanne Liebich, Certified Nia® Black Belt, Stott Pilates®

- **Thursdays, 4:20-5:20 pm**
begins January 18 and March 21
- **\$159 for 8-week session**

Gentle Movement for Seniors: Sustainable Exercise for Lifelong Fitness (Studio or Online)

A gentler version of the *Strength, Balance & Flexibility for Seniors* class, this class amplifies range of motion while integrating modifications for common age-related mobility issues such as shoulder, knee and hip restrictions, and arthritis. Includes seated mobility stretch, strengthening exercises for limbs and core, and standing balance exercises. The slower pace allows older students or those who are just coming back to exercise to feel more energized, less pain, and more confidence in their bodies. *Online classes require pair of small weights or toning balls (1-, 2- or 3lbs), flexband, mini stability ball, and resistance/flexband loops.* Instructor: Susanne Liebich, Moving to Heal®, Certified Nia® Black Belt, Stott Pilates®

- **Mondays, 12:30-1:30 pm**
January 15 and March 18
- **\$159 for 8-week session**
- * Register for either **STUDIO** or **ONLINE** class

Improved Posture Workshop Exercises & Tips to Standing Tall, Feeling Better & Retraining the Body (Studio)

According to the American Journal of Pain Management posture affects and moderates every physiological function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are all affected by posture. Learn ways to improve your posture – standing, sitting, even sleeping – through photo assessments, stretches, and exercises along with tips for improving posture in everyday life. Instructor: Rhonda Hamer, Certified Posture Specialist

- **Saturday, 9:30-11:30 am**
- **January 20**
- **\$47**

Free Introductory Lecture

Pelvic Floor Fundamentals: Core & Pelvic Floor Muscle Strengthening (Online)

This lecture is an introduction to the 6-week series, *Pelvic Floor Fundamentals*, starting Tuesday, January 16 and March 5. Instructor: Jessica Hebert, OTR/L, PCES

- **Tuesday, 6:00-7:00 pm**
- **January 9 or February 27**
- **Free; registration required**

Pelvic Floor Fundamentals: Core & Pelvic Floor Muscle Strengthening (Online)

Move beyond kegels and integrate a whole-body approach to pelvic floor exercise. We work on mobility needed to engage the pelvic floor, proper engagement, and strengthening exercises. This class is perfect for anyone experiencing pelvic floor dysfunction such as incontinence, urinary urge/frequency, heaviness, or pain, as well as those returning to exercise in postpartum (at least 6 weeks postpartum and cleared by a medical provider). Instructor: Jessica Hebert, OTR/L, PCES

- **Tuesdays, 6:00-7:00 pm**
begins January 16 and March 5
- **\$155 for 6-week session**
- *Attend free introductory lecture on **January 9 or February 27**

Pilates for Strong Bones & Muscles (Studio or Online)

See *Bone Health & Osteoporosis Program* on page 9

Practical Posture Workshop (Studio)

Do you know there are activities and exercises you can do a few times each week to really improve your posture? This workshop, part lecture and part demonstration, helps to improve your posture, alignment, and overall well-being using techniques, simple props, and exercises based in Pilates, biomechanical principles, and functional fitness. Within a few weeks, you will be standing taller, stronger, and with more confidence. Good posture also reduces falls and back pain. This workshop shows how you sit, stand, and move relates to the aches, pains, and injuries you experience. Instructor: Susanne Liebich, Certified Stott Pilates®

- **Saturday, March 23, 10:00 am-12:00 pm**
- **\$47**

Qigong

Qigong & Tai Chi Combination (Studio or Online)

A combination of Qigong and Tai Chi exercises that includes the therapeutic 36 Qigong form that works the whole body-mind, basic stances, the 8 form (a primitive Tai Chi form), Tai Chi elements, Tai Chi walking, and more. Promote health and healing through breath awareness, mindful concentration, stances, and gentle rhythmic movement. This workout helps to improve circulation, hydrate tissues and joints, and strengthen tissues and bones. Appropriate for all ages and abilities.

Instructor: Pam Vlahakis, Certified Qigong; Certified Tai Chi with Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- **Wednesdays, 4:15-5:15 pm**
begins January 24 and March 13

- **\$108 for 6-week session**

* **Register for either STUDIO or ONLINE class**

Qigong All Levels (Studio or Online)

Qigong integrates gentle physical postures, breathing techniques, and focused intentions to reduce stress, strengthen and stretch the body, build stamina, and increase vitality, and mental clarity.

Instructor: Dr. Ming Wu, PhD, Certified Qigong Master

- **Wednesdays, 10:30-11:30 am**
begins January 3 and February 28

- **\$136 for 8-week session**

* **Register for either STUDIO or ONLINE class**

Questions?

Contact us
EmersonWellness@emersonhosp.org

Self-Defense for Teens & Adults

Self-Defense for Teens & Adults (Studio)

Learn practical and effective physical and verbal techniques for self-defense in these ongoing Japanese martial arts classes. For returning students, each session builds on the prior one; beginners can start at any session. Instructors from the Concord Self-Defense Academy.

- **\$170 for 10-week session**
- **\$285 for both jujitsu and karate (for returning students only)**

or

- **20% discount for additional family members**

Attend one trial class with no commitment; call for details.

Seirenkai Jujitsu for Teens & Adults

Instructors: Johanna and Len Glazer, fifth degree black belts, Seirenkai Karate and Seirenkai Jujitsu

- **Sundays, 3:30–5:00 pm begins January 7**

Seirenkai Karate for Teens & Adults

Instructor: Stephen Lisauskas, fifth degree black belt, Seirenkai Karate and Seirenkai Jujitsu

- **Thursdays, 7:45-9:15 pm begins January 11**

NEW Introduction to Seirenkai Beginner Class (Studio)

Learn physical and verbal techniques for self-defense and get an introduction to Japanese martial arts. This small-group, 5-week introductory class gives you a chance to develop valuable tools for self-defense while learning about Seirenkai Martial Arts. Upon completion, students are encouraged to register for the regular ongoing weekly class (see above). Instructors: Internationally Certified Black Belt instructors from the Concord Self-Defense Academy.

- **Sundays, 2:00-3:00 pm**
begins January 7
- **\$85 for 5-week session**

Strength, Balance & Flexibility for Seniors (Studio or Online)

A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone, and mobility. By learning how to move the body in a healthy way, you reduce pain, improve body awareness, avoid injury, and reinforce proper movement principles. Class begins in a chair to freely move every part of the body and then transitions to standing weight bearing exercise to improve bone and muscle strength. Bring yoga mat. *Online classes require pair of small weights or toning balls (1-, 2-, or 3lbs) and flexbands.* Instructor: Susanne Liebich, Certified, Nia® Black Belt, Stott Pilates®

- **Wednesdays, 1:30-2:30 pm**
begins January 17 and March 20
- **\$159 for 8-week session**

* **Register for either STUDIO or ONLINE class**

Note: For a gentler class, consider attending *Gentle Movement for Seniors: Sustainable Exercise for Lifelong Fitness* (See page 4)

Tai Chi

Qigong & Tai Chi Combination (Studio & Online)

See *Qigong* on page 5

Tai Chi Beginner Long Form (Studio)

Tai Chi, an ancient Chinese martial art, achieves therapeutic benefits such as pain relief, and improves balance, posture, breathing, mood, concentration, energy, and overall strength. This traditional Yang Style Tai Chi Long Form has 108 movements and provides a wonderful physical workout and thorough stretching of all ligaments and sinews. Instructor: Dr. Ming Wu, PhD, Certified Tai Chi Master

- **Thursdays, 6:30-7:30 pm**
begins January 4 and February 29
- **\$136 for 8-week session**

Tai Chi Beginner Short Form (Studio)

This class is the simplified form of Tai Chi, truncated to 24 postures (the long form has 108). Each posture gives the beginner an introduction to the essential elements of Tai Chi while retaining the traditional flavor of the longer hand forms. No experience necessary. Wear socks or soft-soled shoes. Instructor: Vivian Howell, Certified Tai Chi

- **Fridays, 11:00 am-12:00 pm**
begins January 12 and March 8
- **\$136 for 8-week session**

Tai Chi for Balance, Strength, Mobility & Mood (Studio)

In this class we deepen our practice of the fundamental elements and whole-body movements of Tai Chi while developing the practice of the Yang Style Long Form. As a moving meditation, Tai Chi improves the physical body while improving mood and feelings of resilience and wellbeing. Students reflect that this class "activates" the body, while also relieving feelings of tension and stress. Growing evidence shows that Tai Chi improves balance, strength, flexibility, and mobility. Called the perfect exercise, it can be practiced for a lifetime. For all levels. Instructor: Nonny Levy, LICSW, Certified Tai Chi Tree of Life Center Tai Chi Teacher Training Program with Dr. Peter Wayne, known for evidence-based Tai Chi research

- **Thursdays, 10:30-11:30 am**
begins January 11 and February 22
- **\$108 for 6-week session**

Tai Chi Form (Studio or Outdoors/Weather Permitting)

Learn basic Tai Chi principles and postures that lay the foundation for learning the Cheng Man-Ching 37 Movement short form, one of the most popular Tai Chi forms in the West. Tai Chi is a mind-body exercise practiced for exercise, self-defense, and health, improving balance, cardio respiratory health, arthritis, and stress management. Appropriate for all ages and abilities. Instructor: Pam Vlahakis, Certified Tai Chi with Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- **Tuesdays, 1:00-2:00 pm**
begins January 23 and March 12
- **\$108 for 6-week session**

Tai Chi Intermediate & Advanced Long Form (Studio)

Tai Chi strengthens the legs and improves balance. Posture and flexibility in the joints are improved, so you can stand and move with less effort. The slow shifting of weight from leg to leg helps the circulation of blood through the body, improving heart health. The quality of relaxation in Tai Chi, as you move through the sequence of 108 postures, helps to regulate the flow of your internal energy, your qi, through your whole body, nourishing the health of your internal organs. Instructor: Dr. Ming Wu, PhD, Certified Tai Chi Master

- **Thursdays, 5:30-6:30 pm**
begins January 4 and February 29
- **\$136 for 8-week session**

Questions?

Contact us
EmersonWellness@emersonhosp.org

Exercise/Programs for Special Conditions



Parkinson's Movement: Dance for PD® Healing Movement to Music for Parkinson's & Movement-Related Disorders (Studio or Online)

The internationally-acclaimed, research-backed Dance for PD program, offers specialized dance classes to people with Parkinson's and their caregivers. Students experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression, and physical confidence. Considered the "gold standard," the program uses dance to empower students to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. A recent study in *Brain Sciences* shows that participation in a weekly Dance for PD class effectively slowed both motor and non-motor Parkinson's symptoms over a period of three years. Dance for PD has been featured in The New York Times, NPR, USA Today, NBC, and other major networks. Instructor: Susanne Liebich, first Certified Dance for PD teacher in Massachusetts

- **Thursdays, 10:30-11:30 am**
begins January 18 and March 21
- **\$159 for 8-week session**
- * **Register for either STUDIO or ONLINE class**

BONE HEALTH & OSTEOPOROSIS PROGRAM at *Empowering you to naturally manage Osteoporosis and Osteopenia*

More than 50 million people have osteoporosis/low bone mass. Osteoporosis leads to a fracture in one in two women, and one in four men. Fractures are a result of weak bones and a loss of muscle mass, strength, balance, and agility. Our program follows evidence-based exercises that help you improve bone density, general strength, flexibility, and balance. Students learn appropriate exercises and receive body mechanics training as well as diet and nutrition education. All equipment is provided during studio classes. Just bring your exercise mat and be ready to move better and get stronger!

Medical Advisor

James Street, MD, PhD

Instructors

- **Rhonda Hamer, CPT, OFS**, Certified Osteoporosis Fitness Specialist, American Council on Exercise Certified Personal Trainer; Senior Fitness Specialist; Functional Aging Specialist; National Posture Institute Posture Specialist; National Academy of Sports Medicine Certified Nutrition Coach
- **Susanne Liebich**, Certified, Moving to Heal®, Stott Pilates®, Nia® Black Belt, Total Barre®
- **Laraine Lippincott, CYT**, specializing in therapeutic movement for bone health
- **Dr. Katie Wadland, PT, DPT, GCS**

Free Introductory Lecture Bone Up on Bone Health with Targeted Exercise & Nutrition (Online)

An introduction to the 8-week series, *Bone Up on Bone Health with Targeted Exercise & Nutrition*, starting Tuesday, January 9 and March 12 or Thursday, January 11 and March 14. Discover how this evidence-based program helps improve your bone density, general strength, flexibility, and balance naturally through exercise and nutrition.

Instructor: Rhonda Hamer, CPT, OFS

- **Wednesday, 6:00-7:00 pm**
 - **January 3 or February 28**
- Free; registration required

Bone Up on Bone Health with Targeted Exercise & Nutrition (Studio or Online)

Studies from the Harvard Medical School have shown that resistance, weight-bearing, and impact exercises help to build bone density. And while exercise is a critical factor in improving and maintaining bone health, evidence shows that not all exercise is created equal when it comes to building stronger bones. For those with osteoporosis and osteopenia, it's crucial to learn the best ways to move to avoid fractures and injury.

Includes evidence-based exercises that support and replicate daily movements for those with osteoporosis and osteopenia, and discussions on nutrition, posture, and safe movement. Receive the tools and information to improve strength, flexibility, posture, balance, and body awareness. The class is appropriate for those comfortable moving for up to 45 minutes and getting on and off the floor. Bring yoga mat. *Online classes require 2- to 8lb hand weights, adjustable 5lb leg cuffs, tubing with handles, stable chair with no wheels or arms, 9" inflatable ball and exercise mat.* Instructor: Rhonda Hamer, CPT, OFS

Note: Graduates of this program may consider attending *Next Steps: Building Bones after Bone Up on Bone Health*. See page 9 for more information.

ONLINE

- **Tuesdays, 5:15-6:15 pm**
begins January 9 and March 12
- * **Attend free introductory lecture on January 3 or February 28**

STUDIO or ONLINE

- **Thursdays, 12:30-1:30 pm**
begins January 11 and March 14
- **\$175 for 8-week session**
- * **Attend free introductory lecture on January 3 or February 28**
- * **Register for either STUDIO or ONLINE class**

the Steinberg Wellness Center for Mind and Body

How to Safely Strengthen Bones with Therapeutic Stretches & Simple Yoga Postures Workshop (Online)

New research shows that you can improve bone density significantly in the spine, hips, and femur with simple but effective yoga postures when practiced with correct alignment. Learn the yoga-way of sitting, standing, and bending down to prevent weakening of bones, as well as several easy and effective stretches and movements that can be done throughout your day. Instructor: Laraine Lippincott, CYT

- **Sunday, January 7, 10:00-11:30 am**
February 18, 1:00-2:30 pm
- **Saturday, January 13 or February 24,**
1:00-2:30 pm
- **\$45**

Next Steps: Building Bones after Bone Up on Bone Health (Studio or Online)

For those who have completed Bone Up on Bone Health, take the next step with this weight bearing, exercise-only class. The principles taught in those classes are implemented each week, using the equipment and techniques taught in the previous class. Class consists of extended warm up/cardio work, strength, stretching, balance, core and resistance exercises, and techniques for de-stressing. Class is also ideal for those who are looking for an exercise-only bone health class. Instructor: Rhonda Hamer, CPT, OFS

STUDIO or ONLINE

- **Mondays, 12:45-1:45 pm**
begins January 8 and March 11
- **Thursdays, 1:45-2:45 pm**
begins January 11 and March 14

ONLINE

- **Mondays, 5:45-6:45 pm**
begins January 8 and March 11

*Register for either STUDIO or ONLINE class

- **\$175 for 8-week session**

Pilates for Strong Bones & Muscles (Studio or Online)

Pilates improves posture, balance, and alignment. Better posture results in less back pain and less chance for injury due to falls or imbalances in the body. We add weight bearing exercise to improve muscle tone, and you have the workings of a total body strength class. Exercises alternate between standing and laying or seated on the mat, and are integrated with Stott Pilates® principles to lengthen the torso, enhance cardiovascular system through systemic breath work, strengthen core muscles, and improve pelvic floor function. Bring exercise mat. *Online classes require 2 toning balls or hand weights (1- to 3lbs), flexband and 10" stability ball.* Instructor: Susanne Liebich, Certified Stott Pilates

- **Thursdays, 9:15-10:15 am**
begins January 18 and March 21
- **\$159 for 8-week session**
- *Register for either STUDIO or ONLINE class

Free Introductory Lecture

Strong Bones, Strong Life with Dr. Katie Wadland (Online)

An introduction to the 8-week series, *Strong Bones, Strong Life with Dr. Katie Wadland* starting Monday, February 26 or Thursday, February 29. Discover the tools you need to better understand what you can do to maintain your bone density, slow bone loss, and prevent osteoporosis-related fractures through lifestyle change, by making the best nutritional choices and through the right exercise and activity. Instructor: Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist

- **Wednesday, February 7, 7:00-8:00 pm**
- **Free; registration required**

Strong Bones, Strong Life with Dr. Katie Wadland (Online)

With bone density peaking at 35 years old, we all experience progressive bone loss at a rate of about 1%, per year, as we age. With 43% of adults over the age of 65 either osteopenic or osteoporotic, about one third experience an osteoporotic fracture in their lifetimes. However, this progressive weakening of bone can be either accelerated, or decelerated, through our lifestyle choices, by how we eat and by how we choose to move and exercise. This exercise and education series provides an evidenced-based, fitness-forward approach to osteoporosis prevention and management. Classes involve aerobic exercise, functional strength training, balance, and flexibility, and incorporates ground-level exercise so being able to safely get on and off the ground independently is a must. Instructor: Dr. Katie Wadland, PT, DPT, GCS

- **Mondays, 9:00-10:00 am**
begins February 26
or
- **Thursdays, 9:00-10:00 am**
begins February 29
- **\$175 for 8-week session**
- *Attend free introductory lecture on February 7

Free Introductory Forum Healthy Bone Building with Yoga (Online)

An introduction to the 6-week series, *Healthy Bone Building with Yoga*.

- **Saturday, January 6, February 10 or February 17 or Sunday, January 7, 1:30-2:30pm**
- **Free: registration required**

Healthy Bone Building with Yoga with optional light weights & flexbands (Studio or Online)

Research shows you can improve bone density significantly in the spine, hips, and femur with simple but effective postures when practiced with correct alignment. Includes three variations for each posture while integrating therapeutic, balance work, and heart openers into the practice. Strengthen your bones and physical body, and cultivate a sense of well-being by calming the mind, deepening the breath, and engaging in positive affirmations. Bonus breathwork and meditation 15 minutes before class. Instructor: Laraine Lippincott, CYT

Online

- **Saturdays, 10:00-11:15 am
begins January 20 and March 2**
- **Wednesdays, 10:00-11:15 am
begins January 24 and March 6**

Studio or Online

- **Mondays, 12:00-1:15 pm
begins January 29 and March 11**
- **\$108 for 6-week session**
- * **Register for either STUDIO or ONLINE class**

All Levels Yoga (Studio)

Rise n' shine with a bi-weekly yoga class that includes a mix of standing, seated and floor poses with a bit of flow. Attention to breath, alignment, and mindfulness. Modifications and variations taught and hands-on assists provided. Class finishes with a restorative relaxation. For all levels. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Saturdays, 10:00-11:15 am
begins January 20 and March 30**
- **\$95 for 5-biweekly session**

YOGA

NEW All Levels Yoga + Deep Rest (Studio)

This class is a perfect step up from Karyn's very popular Gentle & Restorative yoga classes. All Levels + Deep Rest incorporates 45 minutes of an All Levels Yoga class followed by 15 minutes of an extended relaxation. Enjoy many of your favorite stretches taught in Karyn's other classes as well as additional standing, balancing, seated and floor poses with a bit of flow. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Tuesdays, 10:30-11:30 am
begins January 9 and March 12**
- **\$149 for 8-week session**

NEW Better Balance and Posture with Yoga Workshop (Online)

Whether you're looking to prevent balance issues or reverse them, it's important to practice balancing on a regular basis. In this workshop, Laraine offers a practice you can do daily to train and challenge both static (steady) and dynamic (movement) balance. Laraine guides you through a series of seven yoga postures and stretches, important for balance at both an easy and a more moderate level. Class ends with a guided progressive muscle relaxation, leading you into a deep restorative posture. Participants receive a guide for all the postures and stretches after the workshop. Instructor: Laraine Lippincott, CYT

- **Sundays, 1:00-3:00 pm
January 21, February 11 or March 10**
- **\$49**

NEW Chair & Mat Yoga for Healthy Aging (Studio)

We begin sitting on the chair as we move through arrival meditation, breathing exercises, and movement that warms up the spine and shoulders, opens the hips, lubricates the joints, and activates your core. We then stand up and use the chair for balance as we move through a series of standing postures, and make our way onto the mat to move through seated and supine poses and final resting pose. Classes incorporate breathing techniques, a guided meditation, and a series of poses designed to strengthen, improve balance, increase flexibility, and reduce stress. Instructor: Melissa Ackerman, RYT

- **Thursdays 12:00-1:00 pm
begins January 18**
- **\$95 for 5-week session**

Gentle & Restorative Yoga (Studio)

A mix of gentle yoga combined with restorative yoga that allows you to experience a rejuvenating and restful practice. Warm up muscles, build strength, increase bone health, and gain flexibility while focusing on specific stretches that release tight shoulders and neck as well as hips and hamstrings. Our restorative yoga practice aids in nurturing a calm, restful mind, and a deeply relaxed body. Class is mainly floor-based with occasional standing poses. Receive personalized, hands-on adjustments, verbal cues, and modifications customized to your body, needs, and level of practice. For all levels. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Tuesdays, 9:15-10:15 am
begins January 9 and March 12 or**
- **Fridays, 9:30-10:30 am
begins January 12 and March 15**
- **\$149 for 8-week session**

NEW Gentle Yoga for Peace: Finding Our Way to the Bliss Body (Online)

This all-levels class offers an opportunity to discover that bliss body: a sense of deep peace, open-heartedness, balance, well-being, and equilibrium. Using the ancient tools of yoga including accessible postures, breathwork (pranayama), meditation, restorative postures, and philosophy, we ground ourselves, open our hearts, and connect more deeply to ourselves. Includes 15 minutes of “bonus breathwork” before class, and a deep, restorative and rejuvenating “savasana” posture at the end of class. Instructor: Laraine Lippincott, CYT

- **Sundays, 10:00-11:15 am**
begins January 14 and February 25
- **\$108 for 6-week session**

Gentle Yoga with Accessible Postures, Breathwork & Meditation (Online)

Considered “meditation in motion,” students are led to a place of comfort, ease, and stability with simple yet effective alignment-based postures, rhythmic movement, breathwork, positive affirmations, and a powerful meditative practice. Several variations are offered for each posture so that it's accessible to all: the new student of yoga, those with a tight body, stiffness, injury or recovering from illness or surgery, and anyone seeking to cultivate a sense of well-being. Includes core strengthening and balance poses. Includes bonus breathwork and meditation 15 minutes before class. Instructor: Laraine Lippincott, CYT

- **Fridays, 10:00-11:15 am**
begins January 19 and March 1
- **\$108 for 6-week session**

Healthy Aging with Yoga: Relax, Restore & Rejuvenate (Studio or Online)

New research validates the many benefits of a regular yoga practice, including increased flexibility and range of motion, better balance, reduced joint and back pain, improved sleep, stronger bones, greater resiliency to stress and change, strengthened immunity, and enhanced breathing. Accessible practice suitable for beginners, seniors, and anyone dealing with arthritis, osteoporosis, chronic pain, or recovery from an illness. Includes therapeutic breathwork, meditation, and heart openers. We not only strengthen our bones, muscles, and core, but cultivate a sense of wellbeing. Includes bonus breath work and meditation 15 minutes before class. No yoga experience required. Instructor: Laraine Lippincott, CYT

- **Mondays, 10:00-11:15 am**
begins January 29 and March 11
- **\$108 for 6-week session**
- ***Register for either Studio or Online class.**

Healthy Bone Building with Yoga (Studio or Online)

See *Bone Health & Osteoporosis Program* on page 10

Kundalini Yoga, Pranayam & Relaxation (Studio or Online)

Kundalini Yoga Kriyas promote self-healing in body, mind, spirit, and soul. Include various yoga sets work on specific systems of body and mind as identified by the Kriya. Release negative energy, improve alignment, open energetic pathways to restore balance and harmony, and learn key natural remedies and healthy dietary tips from Ayurveda to adapt to seasonal changes. Suitable for all levels, the class blends floor, chair, and standing poses and exercises, along with personal modifications. Instructor: Jai Kaur Annamaria San Antonio, Certified Level II Kundalini Yoga and Meditation

- **Mondays, 6:30-7:45 pm**
begins January 8
- **\$225 for 10-week session**

***Register for either STUDIO or ONLINE class**

Reiki Infused Restorative Candlelight Yoga Workshop (Studio)

Infuse your restorative yoga practice with the ancient art of hands-on healing. Indulge in deep relaxation with this delicious combination of Reiki and restorative yoga. Designed to release tension and turn off our fast lifestyle as we slow down, rest, and renew. Karyn guides you through a series of restorative yoga poses and Reiki hand placements to promote deep peace, stillness, and natural healing. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Saturday, February 3, 12:00-1:30 pm**
- **\$47**

Restorative Yoga: The Art of Undoing Workshop (Studio)

Restorative yoga is a great balance to our fast lifestyle, a chance to slow down, rest, and renew. A quiet, gentle yoga practice that uses props to fully support your body helping layers of tension melt away as we practice the art of undoing. Increase mind/body awareness, reduce stress, and embody serenity as you explore a state of relaxation. Learn poses you can do at home to keep your body, mind, and emotions balanced. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Saturday, March 2, 12:00-1:30 pm**
- **\$47**

Yoga & Mindfulness (Studio or Online)

The ancient wisdom practices of yoga offer a toolkit for self-care. Studies show that mindfulness training is an essential life skill that helps manage stress and maintain our well-being. Through the mindful intentional movement and yoga postures, breath awareness, mindfulness, and relaxation exercises, we learn to be fully present. Appropriate for all ages and abilities. Bring yoga mat. Instructor: Pam Vlahakis, CYT

- **Wednesdays, 5:30-6:45 pm**
begins January 24 and March 13
- **\$108 for 6-week session**
- ***Register for either STUDIO or ONLINE class**

Yoga Nidra for Stress Management (Online)

Discover how Yoga Nidra can help calm the anxiety and stress in your life, manage chronic pain, energize and nourish you, relax your nervous system, allowing rest, recovery, and better sleep. Easy and accessible, there is no wrong way to do it! You just lie down, close your eyes, and listen to the instructor's soothing voice as she guides you on a relaxing journey, allowing you to experience deep healing levels of inner peace and bliss. Instructor: Clare Harlow, Divine Sleep® Yoga Nidra Graduate and Guide

- **Mondays, 7:30-8:15 pm**
begins January 22
- **\$90 for 6-week session**

KIDS & TEENS

Babysitting Training for Ages 10–15 (Studio)

One-day class covers everything you need to know to be a great babysitter! A certificate is awarded upon completion. Bring lunch, snack, and baby-sized doll or stuffed animal to learn diapering. Instructor: Emma Barry, BA

- **Saturday, 9:00 am-1:00 pm**
January 27 or March 23
- **\$65**

Self-Defense for Teens & Adults (Studio)

See page 5

NATURAL THERAPIES

NEW Ayurveda: Maintaining Natural Life Cycles & Biorhythms (Studio or Online)

The basic objective of Ayurveda is to educate people on how to take care of their health by themselves and increase their span of healthy life. Maintaining healthy daily habits to promote sound body, light mind, and lively spirit is preventive medicine for which Ayurveda offers effective remedies. Covers detoxification, food as medicine and how to integrate Ayurveda into your life. Instructor: Jai Kaur Annamaria San Antonio, Registered Ayurvedic Health Counselor

- **Thursdays, 6:00-7:15 pm**
begins March 14
- **\$135 for 4-week session**
- ***Register for either STUDIO or ONLINE class**

NEW Your Body Knows Workshop (Studio)

An interactive workshop that demonstrates what YOUR body knows about your health and emotions. Learn scientifically proven Mind-Body techniques from an instructor with decades of experience on how your thoughts and beliefs are affecting your physical and mental health, and can cause illness. Instructor: Fran Spayne, MA, Holistic Therapist/Mind-Body Wellness Coach

- **Thursday, February 8, 10:00 am-12:00 pm**
- **\$49**

NEW Caring for Your Essential Self Workshop (Studio)

Would you like to feel more connected to yourself and others and sustain a positive outlook in life? Our malaise is for the most part caused by chronic stress, by our attention and energy being overwhelmed by ever increasing outer stimuli. Learn principles and practices that support the innate wellness beneath illness, pain, or distress. Discover ways to redirect your attention and energy to an experience of living more from within yourselves to generate an internal feeling of calm, mental clarity, and emotional well-being. Includes tools for your own self-care. Instructor: Shirley Lynch, MS, OT, LMT, Certified Aston Fitness™ practitioner.

- **Saturday, February 24, 10:00 am-12:00 pm**
- **\$49**

Free Workshop

NEW Lymphedema Prevention & Management (Studio or Online)

Lymphedema (LE) is a disease that affects more Americans than AIDS, Parkinson's, MS Muscular Dystrophy, and ALS combined. LE is a chronic disease of the lymphatic system that can cause a lifetime of incurable swelling. Even when there is no active LE, becoming aware and proactive about how to keep the lymphatic system healthy and functioning properly is important. This workshop provides vital instruction in the lymphatic system anatomical structures and function, and covers home-care routines including performing self-MLD to maintain the lymphatic system and prevent LE. Instructor: Jai Kaur Annamaria San Antonio, Certified Lymphedema Therapist

- **Sunday, February 25, 6:00-8:00 pm**
- **Free; registration required**

***Register for either STUDIO or ONLINE class**

Reiki Training Classes (Online)

Discover this hands-on energy therapy used to encourage relaxation, manage pain, provide comfort and promote overall wellness. Learn to give Reiki to yourself, others, and pets. Receive Reiki practitioner certification. Five contact hours for nursing for each full day of attendance; \$10 fee for each class for CEUs for social workers and massage therapists. Instructor: Libby Barnett, MSW, Reiki Master.

Reiki Level I Training

- **Saturday, March 23, 9:00 am-3:00 pm**
- **\$150**

Reiki Level II Training

- **Sunday, March 24, 9:00 am-3:00 pm**
- **\$175**

Reiki Level I & II Training Package

- **Saturday & Sunday, 9:00 am-3:00 pm**
- **\$305**

PRENATAL/POSTNATAL

Pregnancy Massage for Couples Workshop (Studio)

Nurturing, safe touch is as fundamental need as critical to healthy development as food, water, and air. The skills, techniques, and loving intentions covered in this 2-day workshop are excellent for the childbearing year and cultivate healthy, physical bonding between family members. The infant benefits in-utero both from the physical comforts the mother experiences due to the biochemical effects of her relaxation response, the energetic expansion resulting from the focused attention of both parents. An investment in your family that pays dividends of health for years to come. Instructor: Jai Kaur Annamaria San Antonio, CYT, LMT

- Sunday, February 4 and 11, 2:00-4:00 pm
or
- Saturday, March 2 and 9, 2:00-4:00 pm
- \$300 for 2-day session

Visit EmersonWellness.org for more information on following Prenatal/ Postnatal classes:

- Birthing Center Tour
- Breastfeeding
- Infant Care
- Infant CPR Anytime®
- Prenatal Childbirth
- Sibling Preparation
- Soon to be Grandparents



NUTRITION & WEIGHT LOSS

Exercise & Weight Loss Prevention Program for Those at Risk for Heart Disease or Type 2 Diabetes

- Wednesdays, 5:00-7:00 pm
- \$396 for 12-week session
- For more information, call Cardiac Rehabilitation at 978-287-3732.

Free Introductory Lecture

Freedom from Emotional Eating (Studio)

An introduction to the 12-week program that starts January 9 and April 2. Instructor: Linda Roberts, National Board-Certified Health & Wellness Coach, Lifestyle Medicine Coach, Culinary Coach and Emotional Eating Coach

- Tuesday, 6:30-7:30 pm
- January 2, February 6, March 5, and April 2
- Free, registration required

Freedom from Emotional Eating (Studio)

Do you reach for food when you feel stressed, frustrated, or angry? For comfort when you are sad, lonely, or bored? Or for a momentary escape when in pain or discomfort? Is food a reward or like an old-friend, always there for you? If you are among the nearly 70% of Americans classified as overweight or obese and/or struggle with emotional eating, this program teaches you practical tools and strategies to help you cope, take control, restore your health, and break free from cycles of emotional eating. After 12 weeks, walk away with clarity, confidence, and personalized formulas for a winning mindset, habits, and routines to help you end this vicious cycle and master your emotional eating habits. Discover what is holding you back and how to get out of your own way. Includes weekly Zoom check-ins. *Space is limited.* Instructor: Linda Roberts, National Board-Certified Health & Wellness Coach, Lifestyle Medicine Coach, Culinary Coach and Emotional Eating Coach

- Tuesdays, 10:30 am-12:30 pm
or 6:30-8:30 pm
- begins January 9 and April 2
- \$475 for 12-week session

STRESS MANAGEMENT

NEW Habit Change (Online)

Are you looking for a way to break free from unhelpful habits? Learn how mindfulness can help you become aware of habit loops and the antidote for calming the cravings and urges that lead to frustration. This class is an introduction to understanding the science of habit loops and the practices that can interrupt habits of reactivity. Deepen your experience with emotional agility and learn to be aware of emotions in a balanced, clear way so you can respond appropriately. We don't have to be overwhelmed by cravings and anxiety, rather we can step out of old patterns into new ways of responding. Understand how curiosity and kindness allow for flexibility in our choices and help us move past unwanted habits. Note: Participants are required to read selected pages of a book each week. The book can be purchased or obtained from the library. Instructor: Cheryl Lucas, Med, Mindfulness-Based Stress Reduction Qualified Teacher

- **Tuesdays, 7:00-8:00 pm**
begins January 16
- **\$159 for 6-week session**



Gentle & Restorative Yoga (Studio)

See Yoga on page 10

Gentle Yoga for Peace: Finding Our Way to the Bliss Body (Online)

See Yoga on page 11

Gentle Yoga with Accessible Postures, Breathwork & Meditation (Online)

See Yoga on page 11

Reiki Infused Candlelight Yoga Workshop (Studio)

See Yoga on page 11

Yoga & Mindfulness (Studio or Online)

See Yoga on page 11

Yoga Nidra for Stress Management (Online)

See Yoga on page 12

Questions?

Contact us
EmersonWellness@emersonhosp.org

Private Integrative Therapies

The Steinberg Wellness Center offers innovative integrative therapies to assist in pain management, soothe away tension, and promote overall health maintenance. Every treatment is customized by our specialized team of licensed, certified, and experienced practitioners for your specific needs for maximum benefits.

Integrative therapies include:

- Acupressure
- Acupuncture
- Cupping
- Craniosacral therapy
- Facial Rejuvenating Acupuncture
- Feldenkrais Method
- Lymphatic Drainage
- Massage Therapy
- Myofascial Release
- Physical Therapy
- Pregnancy & Postpartum Massage
- Reflexology
- Reiki Healing
- Trigger Point Therapy
- Swedish Massage



To schedule an appointment call 978-287-3777 or email EmersonWellness@emersonhosp.org.

Personal Training/ Private Classes

Whether it's staying fit, losing weight, reducing stress, or designing your life framework, our certified and experienced coaches, trainers, and instructors offer a personalized approach to get you started and stay on track to meet your goals. Private sessions include:

- Assisted Stretching
- Aston® Kinetics
- Nutrition Coaching
- Personal Training
- Posture Assessments
- Qigong
- Tai Chi
- Yoga

To schedule a session email EmersonWellness@emersonhosp.org.



**CLASSES
FOR ALL
AGES &
STAGES**

Unless otherwise noted, classes are held at the Steinberg Wellness Center for Mind and Body, 310 Baker Ave., Concord.

The Steinberg Wellness Center for Mind and Body is located about one mile from Emerson Health.

From Route 2, look for signs to Baker Avenue Extension and then for the Concord Meadows Corporate Center, located at 300–310 Baker Avenue, which is on the right. Drive through the parking lot; the Wellness Center is located near the Residence Inn.

The entrance is under the sign “Emerson Health Center.” Walk under the awning and upon entering the double door, stay to the right.

Parking is free.



133 Old Road to Nine Acre Corner
Concord, MA 01742

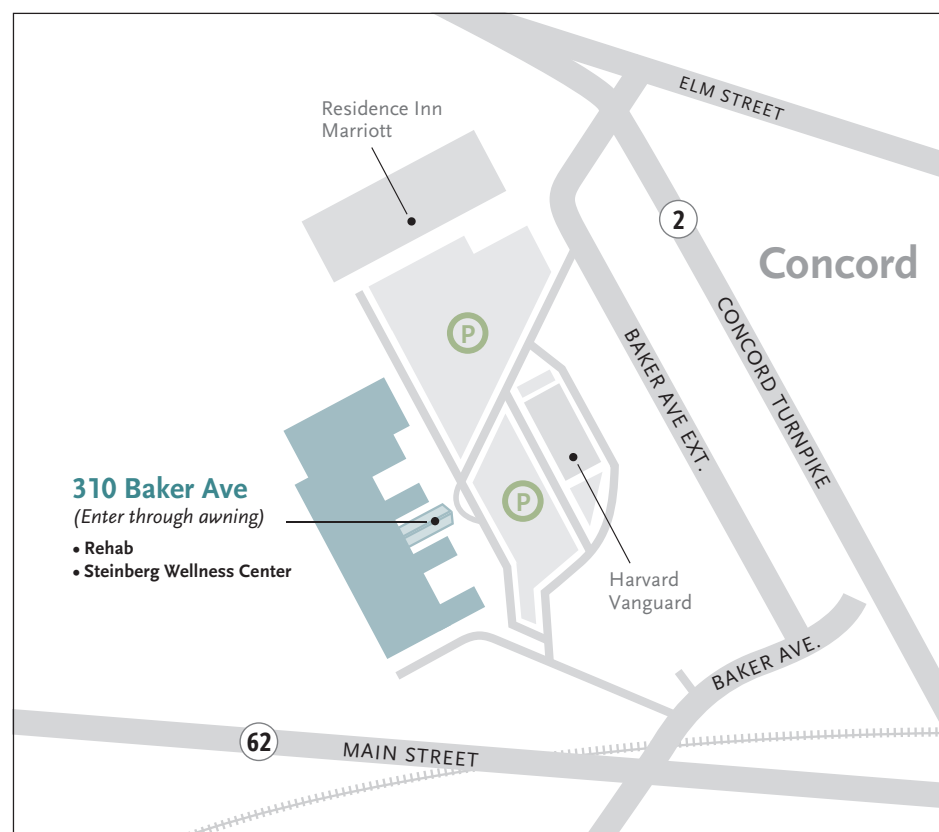
WINTER 2024

STUDIO AND ONLINE WELLNESS CLASSES

FROM THE STEINBERG WELLNESS CENTER FOR MIND & BODY

Including Bone Health & Osteoporosis Program

See page 8 for more information.



Steinberg Wellness Center for Mind and Body

310 Baker Ave, Concord, MA 01742

Email: EmersonWellness@emersonhosp.org

Website: EmersonWellness.org

