CLASSES & BIOS

CLASSES

Chi Flow
Developed especially for Weight Watchers members and taught by trained Leaders, Chi Flow is a gentle exercise that will help you move more and shift your mindset. In this class, you will participate in a customized routine of intentional, slow-flowing movements and low-intensity (and low impact) cardio intervals, plus guided meditation that focuses on deep breathing. This combination will help you focus on the present, warm up your muscles, get your blood pumping, and wake up your body from your head to your toes. ANY body can do Chi Flow — regardless of weight, age, flexibility or fitness level — and it's fun to do together. So leave your stress behind and experience a new sense of vitality this spring!

The New Discovery Workshop Series from Weight Watchers
Even with the best intentions, it's easy to get stuck in old patterns. Introducing a powerful new workshop series from Weight Watchers that helps you uncover blind spots and break free from the habits that have held you back. This breakthrough series provides fresh insights, inspiration and tools that focus on your wellbeing AND support your weight loss journey. Workshop activities integrate top mindfulness, energy and life coaching techniques. During these 75-minute-workshops, you will start to see your habits and patterns more clearly and learn how to course-correct when things go awry. You’ll engage with your Weight Watchers plan on a different level, uncovering little and big “Ah-has” that go beyond food and keep you continually moving forward.

MEETINGS

Weight Watchers Meetings
Get guidance and motivation from a trained Leader who has been in your shoes and is dedicated to helping you lose weight, plus the support of members just like you. Here you will meet a community of allies that will cheer you on, rein you in, and always have your back. Participate as much (or as little) as you like!

SESSIONS

One-on-One Sessions/Walk In and Weigh
Stop by to chat privately with a Weight Watchers Leader. Leaders have a vast treasury of tips and tricks to help you get to where you want to be and live the life you want. You can also get in a confidential and private weigh-in to help you stay on track during your vacation.
BIOS

SANDY CLUDBC

The role that proper food preparation plays in our health is a topic of which Sandy Clubb has firsthand knowledge. In 2007, Sandy was diagnosed with non-Hodgkin’s lymphoma. Sandy’s success in getting well prompted her to redirect her company, Cookware Health Clubb Inc., towards proper food preparation techniques that may impact one’s health and attitude. Sandy’s goal is to help others work towards a healthier, easier and more delicious lifestyle by changing (or enhancing) what they eat, the way they cook and what they cook in.

LECTURES

What’s Cookware Got to Do with It?

What is the last and most important step in the food preparation process that is often overlooked? Where do the nutrients go during the cooking process? Preserving nutrition means preserving your health, and how we prepare our foods may be almost as important as the food choices themselves. Join this class to discover some common enemies of nutrition that will rob your foods of essential natural nutrients and flavor as well as too often destroy pleasurable colors and textures. Sandy will expound on the different types of cooking surfaces and methods currently available and help you assess whether or not the type of cookware and techniques you use match your health and wellness objectives.

GARY FOSTER

Gary Foster, Ph.D., is the Chief Scientific Officer at Weight Watchers International, Inc. Foster, a psychologist, obesity investigator and behavior change expert, was previously the Founder and Director of the Center of Obesity Research and Education and Laura Carnell Professor of Medicine, Public Health and Psychology at Temple University in Philadelphia. Prior to Temple, he served as a Clinical Director of the Weight and Eating Disorders Program at the Perelman School of Medicine at the University of Pennsylvania. He has authored more than 180 scientific publications and three books on the etiology and treatment of obesity. Foster has received numerous honors including President of The Obesity Society, Honorary Member of the Academy of Nutrition and Dietetics, Outstanding Contributions to Health Psychology from the American Psychological Association, and the George A. Bray Founders Award from The Obesity Society.

Dr. Foster's research interests include the prevention, behavioral determinants, treatments, and effects of obesity in adults and children. His current focus is on scalable, evidence based approaches to obesity management. Foster earned his Bachelor of Arts degree in Psychology from Duquesne University, an M.S. in Psychology from University of Pennsylvania, and a Ph.D. in Clinical Psychology from Temple University.

LECTURES

Beyond the Scale: Why & How?

You are so much more than a number on the scale. Weight Watchers latest program, Beyond the Scale, understands that each person’s definition of “success” is unique. Weight Watchers has pledged to help you eat better, move more and shift your mindset. But what exactly does that mean and how do you do it? Chief Scientific Officer Gary Foster will walk you through food, fitness, and mindset, and explain why they matter, the science behind them, and how to make sustainable changes.

Real World Skills for the Journey

Join Chief Scientific Officer Gary Foster to learn a handful of practical skills for a successful weight loss journey, including how to: decipher between internal and external hunger; identify unhelpful thinking styles and give them a reality check; deal with setbacks and recover from lapses; and practice self-compassion.
JULIE HARTIGAN

Julie Hartigan, is a Professional Chef and Recipe Developer who left a career as an engineer/tech consultant to pursue her passion for all things food, cooking, and entertaining. She attended professional culinary school in NYC and spent time working in magazine test kitchens, at Food Network, as a personal chef, and as a healthy cooking class instructor for adults and kids. Julie spends much of her time developing and testing recipes for Weight Watchers and filming videos about cooking, health, and entertaining. Her specialty? Finding sneaky and clever ways to lighten up typically decadent dishes and cocktails! A fun-loving person and natural born teacher, she loves her new career and sharing what she's learned with others. In her downtime, Julie squeezes in as much food-related travel as possible including lots of culinary adventures with her two tween daughters. For more about Julie, check out her website CookingwJulie.com.

COOKING CLASSES

Come Celebrate! With a Cinco de Mayo Happy Hour

Join professional chef and Weight Watchers recipe developer Julie Hartigan as she shows you easy ways to party and help stay on Plan. Some Mexican foods can be high in Smart Points® values…but not in Julie’s hands! She’ll show you how to mix up fantastic Fresh Lime Margaritas, put together amazing Pulled Chicken Nachos with Lime Crema and make ZERO SmartPoints value Roasted Tomatillo Salsa Verde. Be sure to join the party!

Eat What You Like! Decadent and Delicious Dishes

Yes! It is possible to stay on Plan and still enjoy your favorite foods; from cocktails to crunchy fried apps to rich chocolate treats. Join professional chef and Weight Watchers recipe developer Julie Hartigan as she shares all her best secrets for lightening up a few decadent dishes higher in SmartPoints values. Recipes include White Peach Sangria, Crispy Oven-Fried Coconut Shrimp with Spicy Orange Dipping Sauce, and Ganache-Glazed Flourless Chocolate Cupcakes. A not-to-be missed menu!

CHANDRAKANT HIESTER

John Chandrakant Hiester is a skilled senior teacher and seminar leader, traveling the world to present yogic teachings that can change the way you think about yourself, the way you live your life and the way you see others.

He prepares, presents and leads professional trainings both nationally and overseas in the Integrated Amrit Method, Integrative Relaxation, as well as a variety of other stress-reduction based programs. His experience, based on over forty years of study with Yogi Amrit Desai, has given him a solid foundation for implementing programs that nurture and encourage positive changes in behavior and understanding through direct perception.

Chandrakant is a graduate of Rutgers University with a degree in psychology. He brings a unique blend of street-level experience, understanding and practical psychology to all his seminars and workshops, conducting programs for educational organizations, recovery groups, community service agencies, hospital staff and large corporations, as well as yoga and meditation groups. He is currently based at the Amrit Yoga Institute in Salt Springs Florida, where he presents advanced trainings and programs with Yogi Desai.

LECTURES

Indivisible Happiness: The “Watcher” in You Helps Lead to the Experience of Indivisible Happiness.

The way you understand your-Self determines the way you see others and the world. Change the way you “see” your-Self and help change your relationship with life. This session includes a simple technique, done sitting comfortably in a chair, which helps reveal through direct experience “you” are not controlled or limited by your thoughts, feelings/sensations and perceptions.
Dissolve and Resolve the Limitations That Have Kept you from Shaping and Creating the Life You Have Always Sought.

Albert Einstein realized the mind that creates the problem is not the mind that solves the problem. The means to actualize all of the changes you have wanted in life is started by “Be-ing” deeply relaxed on all levels: physically, mentally and emotionally. This simple technique is done comfortably seated in a chair or lying on the floor. It yields access to “Be-ing” beyond the familiar problem-creating “mind” where old problems and patterns may be dissolved and resolved and new behaviors and patterns may be shaped and created.

MEDITATION CLASSES

Breaking the Momentum of Stress: 6 Minute Stress Buster

Being deeply relaxed can help actualize physical, mental and emotional changes in your life. As the experience of stress in life increases so does the tendency to return to old patterns of thinking, feeling and relating to the world. These simple techniques, done sitting comfortably in a chair, break the momentum of stress and provide a deep-felt sense of complete relaxation. This deep sense of relaxation is a prerequisite for cultivating and actualizing the life changes you have always wanted to create.

Breaking the Momentum of Stress: Quantum Breath Relaxation

Quantum Breath Relaxation uses variations of simple breathing patterns and focused attention to help create the prerequisite physical and mental environment where meditation could effortlessly happen. These simple techniques help provide an effective means to “reset your-Self” in a deep sense of ease, to help break the momentum of stress accumulated in all too familiar experiences of daily life.

YOGA CLASS

Morning Yoga

Start your day with a sensible stretch. These morning sessions are open to all experience levels and flexibility is not required.

LARRY KRUG

Larry Krug is a certified personal trainer/recovery specialist and masters triathlete with 18 years of experience holding presidential awards (Bill Clinton) in Weight Training, Sports and Fitness and Triathlon. He is a nationally-ranked triathlete, US Marine Corps Veteran and eight-year cancer survivor. Larry is the Founder of “Fitness over Fifty” and has been recently featured in the Biscayne Bay Tribune for his work with 50+ male and female athletes and fitness professionals in the area of injury recovery and custom designed exercise programs that make sense.

LECTURE

Prehab and Rehab: Exercises to Support Pain-Free Long Term Fitness

Join Larry (“Coach Lorenzo” as seen on PBS) for an informal discussion on safe and simple exercise moves to help reclaim, maintain and build new muscle. We will discuss safe lifting tips, what danger signals to look for when recovering from procedures or just staying fit and improving balance, especially while lifting and bending. There will be a Q & A following the lecture.

EXERCISE CLASS

Walk, Run, Stretch

Larry will be teaching a morning walk/run/stretch and AB workout at 7 AM. Wake up to fresh air, casual conversation and burn some calories before breakfast.
KIERSTEN MOONEY

Kiersten Mooney E-RYT 500, is owner of greenmonkey® yoga, a health and wellness company offering research-driven, innovative yoga programs, accredited 200- and 300-hour teacher trainings and global retreats. She is globally renowned for empowering students and cultivating powerful teacher leaders.

Kiersten has achieved degrees from the University of Miami in sociology, exercise sports science, and sports medicine with graduate studies in exercise physiology and nutrition. Since 2012 she has partnered with the University of Miami, completing extensive published research about yoga, including “Muscle Utilization Patterns Vary by Skill Levels of the Practitioners Across Specific Yoga Poses (Asanas) (2016)” and “Core Muscle Function During Specific Yoga Poses (2014),” among others. With more than 20 years of experience in the wellness industry, she is an acclaimed international speaker, presenting at events including Yoga Journal LIVE!, ECA World Fitness Conference, OMEGA, and ICAA International Council on Active Aging.

Kiersten is passionate about inspiring students to help awaken their personal power and to live their practice fully and courageously in every aspect of life. As a teacher and presenter, Kiersten offers concrete tools with a lighthearted perspective, grounded by insight that empowers people to courageously live life to the fullest.

YOGA CLASS

All Levels Yoga Flow

Gain insight into the fundamentals of yoga through a flow that will help invigorate your body, mind and soul. You will be given the appropriate modifications to make this class accessible for you while challenging your edges. Experience transformation, empowerment and acceptance within any level of practice.

LECTURES

The Art of Living Powerful – The Balance of Action and Non-Action

Being powerful can be a dance of balancing what we do and what we choose not to do. Proper work/rest cycles help the physical body to grow and transform as well as care for our emotional well-being. Most of us may not be aware of what could be draining us. If you are feeling bogged down and have low energy in your everyday life, this class will give you insight into where you need to create balance. Being powerful is the mastery of effort and non-effort, strength and ease, hardness and softness, contraction and expansion, which are the yin and yang, the feminine and masculine of the universe. Tap into powerful universal principles and be lit up!

The Art of Taking Risks, Living Bold and Being Free

Turn your greatest intentions into reality. Find the bravery to live without resentment, blame or guilt yet with tremendous kindness for others. A courageous person loves unconditionally while immersed in reality. Love is a limitless well and no matter what has occurred in your life, now is your time to access a life full of love and forgiveness.

This class will help you take your highest intentions and create concrete action steps to bring them into reality. This call will assist you to awaken to your truth, tap into your inner wisdom and confidence and help bring out the brilliant qualities of your true essence. Become inspired to live from your heart using self-inquiry and reflection to expand into new levels of freedom.
JESSICA PORTER

After surviving an ice cream filled childhood, Jessica Porter made the transition to eating nutritious food over twenty-five years ago. In the last decade, she has written four books, all designed to help readers understand-- and feel-- the profound connection between what springs from the earth and what springs from their souls. To Jessica, food is more than fuel; it is more than medicine; good food pushes us to be our best selves.

Jessica’s teaching is warm, humorous, and inspiring. By mixing one part enthusiasm with one part scientific research, Jessica helps students make the crucial leap from reading her words to roasting baby carrots. She jumps with joy when she hears that her books are soup-stained and dog-eared.

Jessica has collaborated with Alicia Silverstone on The New York Times Bestseller, The Kind Diet and with Tia Mowry on the upcoming Whole New You. She is an acclaimed author who has written 2 of her own books. Jessica is a regular contributor to The Makeup Blogger website. A graduate of Brown University and New York University, Jessica lives in Los Angeles, California, but her steely discipline was forged in an icebox called Toronto.

LECTURES

Understanding the Opposite Sex: A Look at His and Her Brains

Men and women have been driving each other crazy for millennia. With brains that are not only hormonally different, but opposite in structure, we are beginning to understand more deeply why we both love, and are baffled by each other so completely. In this class, Jessica shares the newest neuropsychiatric research on the topic and the myriad ways we are both complementary and opposite. She will also discuss how we cook for our partners and tricks to increase peace and harmony as well as attraction in our relationships.

Miss Porter's Class on Thorough Mastication (Chewing)

What we eat matters... but how we eat may have an impact, too. In this class, Jessica looks at chewing through several different lenses; historical, biological, emotional and metaphysical. You will see that thorough mastication is a cheap and healthy thing you can do, and you already have the equipment! Practical tips will be shared and inspiration will abound. “Chew ” will never be the same again!

COOKING CLASSES

Cooking for Health and Vitality

Who doesn’t want to look good, feel good and have the energy to live life to its fullest? By choosing and cooking good-quality ingredients, we can make the kitchen into the power center of both our homes and our lives. For the last twenty years, Jessica Porter has been teaching students how to support their health through whole foods cooking and she will transform the most boring vegetable into your new best friend. A comedienne and author of four cookbooks, Jessica’s classes are always fun, informative and delicious.

Cooking for Healthier Relationships

In our speedy, modern world we forget that relationships are forged over food. Too much microwaving and eating out might leave a couple feeling detached from one another. Come to Jessica’s class to learn some practical cooking tips for keeping love strong, sweet and frisky.
JANE STANCHICH

Jane Stanchich, licensed nutritionist, certified wellness counselor, consultant, author, and noted holistic chef, is an international teacher of natural nutrition and health principles with over thirty five years of experience.

This former public school teacher is a certified yoga instructor and proponent of exercise and movement therapy, ecological living, and creating a healthier world. Along with her husband Lino Stanchich, Jane teaches at public and private schools, health centers, universities and corporations in her hometown of Asheville, North Carolina and throughout the United States and Europe.

Jane and Lino have taught natural wellness in Italy, Switzerland, Holland, Portugal, Great Britain, and Spain. In 2010, they were key counselors and instructors at the SHA Wellness Clinic (Voted “Top Medical Spa in the World”) in Alicante, Spain.

Jane has taught at UNC-A, Northwestern Kellogg Graduate School. This in-demand nutritionist has taught natural health to nursing groups, cancer prevention and healing centers, churches and international conferences.

Jane contributes articles to numerous international publications and has been a regular featured writer for “Christina's Healthy Living Journal" founded by Christina Pirello, of the Emmy Award-Winning PBS Television Cooking Show, Christina Cooks! She served as consultant with the highly successful Ritz Carlton Hotel's Holistic Culinary Program. Jane also is an editor, presenter, and co-producer of books, audios, and videos.

Jane has produced an enjoyable and instructional cooking DVD and book, Healthy Holiday Cooking: Delicious Recipes for Autumn and Winter Celebrations. A resident of Asheville, North Carolina, Jane presents, with her husband Lino, dynamic healing seminars and retreats in their hometown and throughout the United States and Europe.

COOKING CLASSES

Healthier Cooking

Scrumptious food can be healthful, too! Learn how to prepare (and sample!) these incredible dishes that contribute to weight loss and reduced risk for disease. Jane will show you how, step-by-step! These delicious whole foods, prepared using amazing Weight Watchers recipes, are easy and fun to cook. This vibrant licensed nutritionist and experienced chef will expertly teach you how to cook simply and sensationally. Join in this fun, fabulous class filled with invaluable nutritional information and humorous anecdotes.

Cooking Easy Ethnic Favorites We All Love

Food is one of life's greatest joys! Come, learn to cook Weight Watchers terrifically popular dishes with international flavors and flair. From Italian to Latino to Asian, these delicious dishes let your taste buds take a trip around the world in this highly enjoyable class taught by Jane Stanchich, international chef, nutritionist and acclaimed cooking instructor. Using amazing recipes, you will prepare these fresh, economical, homemade dishes which will help bring you and your family immense satisfaction. “Mangia, mangia!"

LECTURE

Reducing Stress ~ Creating Calmness

Today's world can be highly stressful on many levels. Between a busy home life, family, and work overload, our minds, indeed our bodies, could become filled with stress. Learn about some tools at hand, some ancient, some modern, that can be so useful in our quest for greater calm and a quieter mind. Jane will demonstrate how these peaceful moments can be added to our days and evenings to help benefit our physical and mental well-being. With blissful combinations of visualizations, positive thinking, and transformative deep breathing, along with enjoyable tension releasing exercises, participants should leave feeling lighter in body and mind. Take home these strong, proven tools to help let go of stress and let in the healing peace you deserve!
YOGA CLASSES

Gentle Yoga for Beginners

Give yourself the gift of yoga today. Yoga means “union” of body, mind, and spirit. In this class for beginners and yoga students of all levels, Jane Stanchich, experienced yoga instructor, will teach how to bring gentle, restorative yoga postures and deep breathing to your whole body and mind. Jane includes positive meditation at the close of class. Choose seated or floor-mat yoga and take the loving journey to blissful positivity.

Yoga for Vitality

Yoga can give us a marvelous mix of calm and strength. In this dynamic yoga class, we begin with gentle meditation and positive affirmations. Enjoy the pleasure and endorphins released by yoga. Utilizing powerful, yet very simple movements, each of us finds our own unique level of movement. Come have this WOW experience! Choose seated or floor-mat yoga.

Self Calming Yoga

Sleep is a healing tonic, vital for life and well-being. Stress can increase inner tension of body and mind. Join us for calming yoga, where we take a revitalizing, relaxing break from all the craziness! Come learn how to turn off negative internal “tapes” and activate on positive thoughts. Jane will guide us into postures and visualizations to release tension and help build mindfulness to take us to a blissful quiet, spiritual place. Join us for a yoga experience that will help bring a stronger, calmer body and mind…which may lead to deeper, restorative sleep. Choose seated or floor-mat yoga.

LINO STANCHICH

A licensed nutritionist and licensed massage and bodywork therapist, Lino Stanchich is also a multi-lingual, international educator, researcher and counselor with over 40 years of experience. Lino is an expert in energy exercises (Chi Kung), shiatsu massage, self-massage, mediation and conscious eating techniques.

Lino has established learning centers in Providence, Rhode Island; San Francisco, California; West New York; New Jersey; Boulder, Colorado; Escondido, California; Tucson, Arizona and Asheville, North Carolina. He has lectured at many major holistic centers throughout the world, as well as in universities, hospitals, medical schools, corporations, and a United Nations Organization.

A prolific author, Lino has written these informative and popular books: Power Eating Program: You Are How You Eat; Traditional Healing Secrets; The Natural Bladder Control Program; Laughter for Health and Happiness; and his latest, Kidney Health.

Lino has also created the dynamic self-massage and exercise DVD Energize Yourself, as well as the CDs, Healing Mealtime Music, Laugh for the Health of It and Using Your Mind to Heal Your Body, to assist people in creating positive and dynamic mental affirmations for periods of meditation and eating. Lino has appeared on a wide variety of international radio and television shows. He lives with his wife in Asheville, NC, where they conduct private nutritional consultations and dynamic, empowering seminars.

“Lino Stanchich is one of the truly great and inspired teachers of our age. He brings a wealth and depth of knowledge and experience to his teachings about life’s greatest needs and tools for optimal nutrition, health, and longevity”

–Ronald R. Parks, M.D.
LECTURES

**HOW You Eat may be as Important as WHAT You Eat**

How we eat may be as important as what we eat. The more we get out of our food, the more we get out of life! Famed licensed nutritionist, Lino Stanchich, will teach methods of eating that are as surprising as they are simple! Lino’s easy and effective eating methods actually saved his father’s life during WWII and later, his own life. *HOW You Eat may be as Important as WHAT You Eat* will be taught in Lino’s unique, appealing manner. Participants will take part in an actual conscious eating demonstration to practice this simple, but amazing eating technique. This is a class not to miss…one you can really sink your teeth into!

**Laughter Therapy for Body and Soul**

We all have heard that laughter is the best medicine. It certainly is the most fun! Some studies have shown the healing power of laughter. Laughter has been the subject of research as a means to help lower blood pressure, relieve stress, improve circulation and increase the feel good endorphins. Laughter is called “internal jogging,” helping to bring you oxygen, massage and an upbeat attitude that doesn’t cost you a cent! Lino Stanchich, a natural Olympic-level champion laughner, will teach you how you can develop and practice healing laughter. You will learn special humor techniques for the home, the car and the office. Bring a good PG rated joke or two. Arrive ready to laugh a lot and learn the pleasure and healing benefits of a good old belly laugh. Don’t wait until something seems funny; learn to laugh many times a day for the “Health of It.”

**EXERCISE CLASS**

**Exercise Class: Vitality, Circulation and Well-being the Fun Way**

In this dynamic class series, Lino Stanchich, international exercise and shiatsu expert, leads us in an effective and fun way to wake up our body. Lino begins with Chi Kung-like movements, then we all perform a full body self-massage. Next, we give and receive a brief partner massage. This invaluable and enjoyable class closes with a raucous laughter therapy session to help boost our mood! This series builds upon and reinforces invaluable knowledge and skills each time you take the class.

**BIANKA STEINFELDT**

Bianka Steinfeldt, originally from Austria, started taking ballet and movement classes when she was 6 years old. She danced for the cities of Bregenz, Dornbirn and Vienna. Following injuries caused from gymnastics, skiing, and dancing, Bianka turned to Pilates to rehabilitate her body. Her experience has shown that “movement heals.”

She is PAX Kamaryt KEG and Power Pilates certified for yoga and Pilates mat. After moving to the US, Bianka discovered Power Pilates—using the classical Pilates method with a flow. She received her beginner mat, intermediate mat and full equipment certification. Not stopping there, she went on in May 2012 to start a 2-year Master Mentor Program with Lolita San Miguel and finished with success. Then she traveled to Monchengladbach, Germany, the hometown of Joseph Pilates.

She is always seeking out for a new challenge, which allows her to be on the cutting edge and enables her to be creative and innovative as she shares her extensive knowledge and passion for Pilates with her clients. Bianka is also interested in bodywork and got the Jump Board M.A.T in 2011; TRX in 2013; BodyArt in 2015; successfully completed a year program in Integrative Movement Specialist (I.M.S) in 2015; Master in Reiki in 2016; and Dolphin-electronic acupuncture. If she is not teaching in sunny Florida, you can find her traveling through US, Barbados, and Europe to lead workshops.
CLASSES

Pilates: Level 1
Incorporating the fundamentals of Pilates, this class follows the classical beginner mat order, created by Joseph Pilates, and is appropriate for all students. We stick to his system—why mess with the best, it has been around for over 88 years! We all know that any real program designed to make a serious change must go straight to the core! This mat Pilates class will teach you the fundamental Pilates work, using your body weight for resistance, as well as the classical language used in this style of Pilates. Pilates may also help with recovery and prevention of injuries. Let your mind and body connect with every breath and move.

Pilates: Restorative Pilates
In this class you will identify movement patterns that can contribute to pain and learn new movement patterns that aim to correct muscle imbalances, which may be triggering the pain. A Restorative Pilates full body mat class takes a therapeutic approach to the issues of chronic muscular tension, myofascial pain and stiffness. It is specifically designed to help improve balance and flexibility, as well as to assist in rehabilitation from injury or surgery. This class is gentle and offers modifications, while still continuing to strengthen the deep core muscles. We will be using a specific combination of myofascial stretches and exercises known as the ELDOA method, created by world renowned osteopath Guy Voyer, MD, DO.

Body Vibe
When I was younger I loved to dance. I danced everywhere—in the house, in the street, in school.... I am sure you have, too. Let us move together to music where your body finds his/her own vibe. This fun class ends with your own dance, “celebration of life,” from the osho dynamic movement meditation. See you in class and I can't wait to see you find your own “Body Vibe.”

VERNE VARONA
For over forty years, Verne Varona’s lectures, workshops and media appearances have motivated thousands of people to take better and more conscious care of their health. He is a renowned keynote speaker throughout the US, Canada and Europe, known for a captivating style that uses humor, insight and practical science to improve and enrich the lives of many. He studied Traditional Chinese Medicine and nutrition at the East West Foundation of Boston, Massachusetts (1970-1974). From 1988 to 1992 Verne was co-founder and director of a Los Angeles medical group.

Verne is the author of the newly revised Nature's Cancer-Fighting Foods (Perigee/Penguin) and numerous other books and publications. Verne resides in New York State.

LECTURES

3-Ha Therapy
This workshop is devoted to understanding and using humor (3-Ha = Ha, Ha, Ha) as a communication and healing tool. Learn about humor, the power of anecdote and novel ways to find humor in everyday life. Humor is about surrendering to the present moment. Motivating, therapeutic and NOT to be missed!

Twelve Essential Traits for Self-Healing
Based on 35 years of counseling individuals with degenerative illness, this talk is one of Verne's most popular. It will touch your heart, stimulate your intellect, entertain and inspire. This workshop focuses on the essential traits that the people who have healed themselves from degenerative diseases share; what it really takes to heal and how to navigate through the overwhelming waters of alternative solutions.
The Real Goal: Work We Ignore
Finding Real Inspiration to Help Remain Motivated, Focused and Successful. Sometimes, it feels like work to remain motivated. Even the word “goal” feels like work. The pressure we put on ourselves to do things perfectly sometimes becomes a recipe for failure. For some, the idea of making goals may be mono-focused on one or two areas of our lives. However, in this workshop, participants will learn steps to make manageable goals in areas that are generally ignored, but that could have an impact on health, perspective and creativity.

Creativity, Intuition and Purpose – Recreating Yourself as a Person of Passion
Creativity, intuition and purpose are all critical components for a fulfilling life. This lecture redefines meaning and demonstrates how we can become more creative individuals. It reveals the subtle process of the ways that we can strengthen our intuitive abilities and how this can be used in everyday life.

JEANNIE WRIGHTSON
Jeannie Wrightson is a Master Cosmetologist, the owner of Green Hare Salon and creator of a pure plant hair colorant she affectionately named Green Hare Hair Múd™, and Bunny Beauty™, a food grade line of organic and non-toxic beauty products.

Jeannie gained attention for her creativity and avant-garde work in Atlanta, Georgia, as an expert colorist and hair designer. Her intense passion for the environment and natural health became the catalyst to fuse her art and industry as a purveyor of truly natural beauty.

For twenty-nine years, her professional commitment to the hair color “path less traveled” has set her apart from the crowd and marked her as a leader in the field of truly natural hair color.

Her honest, pure approach to natural skin care has given her a client retention rate unmatched in the industry, making her quite a “tour de force.”

Born in Southern California, raised in the Ozark Mountains, now living in Atlanta, Jeannie has combined her love of natural, non-chemical living with the beauty industry to prove that you do not have to dye for beauty!

CLASSES
Natural Beauty for the Skin You’re In!
“Really? You put what on your face??” This is a fun class in which to learn about the very best natural, minimally processed plants and minerals from the earth, and how they can be used for beauty without synthetics, laboratory chemicals or animal testing. There will be live demonstrations, so please arrive a few minutes early if you would like to sign up for model selection.

Hair Show! The Beauty, Splendor & Wonder of Healthy Hair!
Hair is the one accessory you wear every day. If your hair looks good, you feel good. If you feel good, it shows. So, come enjoy a hair show!

From cleansing and conditioning to coloring and styling, Jeannie will teach you how to have the best hair of your life using natural ingredients that give you full, lush, healthy and sexy hair!