

Classes/Events



Hatha Yoga

Tuesdays 6-7:10PM
Fridays 8-9:15AM

[More Info/Register](#)

Gentle Yoga

Thursdays 4:30-5:45PM

[More Info/Register](#)



Senior Fitness

10-class series

Tues & Thurs 11-11:55AM

[More info/Register](#)

Mat Pilates

10-class series

Thursdays 12-12:55PM

[More Info/Register](#)

Personal Training

(Partner Personal Training,

Fitness Training,

Rehab Training)

WHS Quick Links



Help WHS get the word out!
Please review us on Yelp
and/or Google+.

**Instructors
and Practitioners**

Our cold frames are propped open, a few peas are poking through the soil, and we're still navigating a sea of sticks in the yard from all the winter winds. We're entering March, which means the solstice is just around the corner, and it is time to introduce our spring classes. Please consider joining with Wholistic Health Studio for this renewal of light and warmth.

New Classes



Tai Chi/Qigong Fundamentals with Dr. Jay Dunbar
10-class series, Wednesdays 6:00-7:10PM
Begins March 23rd

Experience Tai Chi and Qigong in a 10-class series that explores the basics of breathing, movement, and the ancient philosophy that informs both these practices. [Read more...](#)

Meditation and Healing with Tom Spector
3-class series, Tuesdays 7:45-8:45PM
Begins March 29th

This three-part Meditation and Healing course is designed for people with any level of experience. Learn what to do when your mind won't let you meditate.

[Read more...](#)



Yoga for Low Back with Jyoti Shah
6-class series, Saturdays 10:00-11:30AM
Begins April 9th

This Low Back Program Series is based on the two largest, most definitive studies and research conducted on the treatment of chronic lower back pain. [Read more...](#)

Partner Personal Training with Melanie Dean
Tuesdays and Thursdays by appt.

An exercise partner helps you remain motivated and accountable. With similar goals for your workouts, you can both make progress and save a little money. It could also just be fun to spend time with a friend getting healthier.

[Read more...](#)



EARLY BIRD YOGA!

Friday class NOW at 8AM! Yoga is a great way to start your day! Yoga practice in the morning reinforces focus and determination in addition to stimulating your metabolism. Come greet the spring mornings with us in March for 1/2 off regular price!! Call for details.

Melanie Dean
[Website](#)

Dr. Jay Dunbar
[Website](#)

Howard Jacobson
[Website](#)

Jyoti Shah
[Website](#)

Tom Spector
[Website](#)

Betsy Templeton
[Website](#)

Stewart Walker, LMBT
[Website](#)



Wellness Resources

Tai Chi and Psychotherapy for Better Sleep and More

The New York Times
by **Nicholas Bakalar**

Poor sleep is associated with increased inflammation, which may contribute to heart disease and a variety of other ailments. A new study has shown that cognitive behavioral therapy and tai chi, the Chinese exercise technique, may reduce both insomnia and inflammation.

Researchers studied 123 people with insomnia who were over the age of 55. They were randomized to one of three groups. The first received two hours a week of cognitive behavioral therapy over four months, the second the same amount of tai chi practice, and the third, a control group, a four-month educational program about sleep hygiene, aging and insomnia. The study was published in *Biological Psychiatry*.

At one year after the treatment, compared with the control group, those on cognitive behavioral therapy and tai chi had reduced blood levels of C-reactive protein and reduced production of pro-inflammatory cytokines, both indicators of inflammation. ([source](#))

Turmeric: Doctors Say This Spice is a Brain Health Miracle Discover the Simple Natural Solution to Lifelong Cognitive Health

By **Joshua Corn**, Editor-in-Chief of *Live in the Now Natural Health Newsletter*

Are you concerned about maintaining the health of your brain as you age? You're not alone. Losing one's memory and mental abilities to cognitive decline in this country are not pretty. By age 65, sadly 1 in 8 Americans will suffer from severe cognitive decline, and by age 80, an astonishing 1 in 2 will.

Researchers have been working for years to develop an effective treatment. But one "miracle" drug after another has failed to live up to its promises, and it's becoming more and more apparent that pharmaceuticals are not the solution. Unfortunately, the medical establishment is so narrowly focused on finding an elusive "cure" that scientifically proven prevention strategies are often ignored.

There are a number of natural brain protectors out there, but did you know that one herb has shown more promise when it comes to supporting your neurological system than any other medical finding to date? It's a scientific fact that curcumin, and antioxidant compound found in the root of the turmeric plant, is one of the **most powerful natural brain protecting substances** on the planet! It continues to amaze scientists with its remarkable cognitive health benefits. ([source](#))

MARCH 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
	1 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:15PM HB Pressure	2 6-7:10PM Focus on Wu/Hao	3 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	4 8-9:15AM Yoga <hr/> 5
7	8 11-11:55AM Sr. Fitness 6-7:15PM Yoga	9 6-7:10PM Focus on Wu/Hao	10 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	11 8-9:15AM Yoga <hr/> 12
14	15 11-11:55AM Sr. Fitness 6-7:15PM Yoga	16 6-7:10PM Focus on Wu/Hao	17 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:105PM Tai Chi	18 8-9:15AM Yoga <hr/> 19
21	22 11-11:55AM Sr. Fitness 6-7:15PM Yoga	23 6-7:10PM Fundamentals	24 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:105PM Tai Chi	25 8-9:15AM Yoga <hr/> 26
28	29 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-8:45PM Meditation	30 6-7:10PM Fundamentals	31 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	

APRIL 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
				1 8-9:15AM Yoga <hr/> 2
4	5 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-8:45PM Meditation	6 6-7:10PM Fundamentals	7 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	8 8-9:15AM Yoga <hr/> 9 10-11AM Yoga Low Back
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