

## Ongoing Classes



### Tai Chi

Thurs 6-7:10PM

[More Info/Register](#)

### Tai Chi/Qigong Fundamentals

Weds 6-7:10PM

[More Info/Register](#)

### Focus on Wu/Hao Style

Weds 6-7:10PM

[More Info/Register](#)



### Hatha Yoga

Tuesdays 6-7:15PM

Fridays 8-9:15AM

[More Info/Register](#)

### Gentle Yoga

Thursdays 4:30-5:45PM

[More Info/Register](#)



### Senior Fitness

Tuesdays 11-11:55AM

## NEW CLASSES

### MELT Method As A System w/Sandy Brady, Cert. Instructor

**Tuesday 4:15-5:30PM, Intro, 3/27 & 4-class series begins 4/3**

Learn how to MELT yourself at home, following MELT Maps to help you sequence the moves to focus on your individual body needs. Come experience how good you can feel. [Learn more...](#)

### Compassion Fatigue w/Patricia Cadle, MRE, BCC

**Saturday 10AM-Noon, 2-class series begins 4/28**

Identify compassion fatigue in your own life, develop a plan to increase compassion satisfaction, and practice self-care techniques. [Learn more...](#)

### BodyTalk Access w/Toni Stevens, Cert. Instructor

**Saturday 9:30AM-6PM, 5/19**

In this one-day BodyTalk Access class you will learn a sequence of five balances. In the first two balances we learn how to remove stress and allow the two hemispheres of the brain to function as one unit. The third balance improves the ability of the body to use the water you drink more effectively for hydration. The fourth balance etc.. [Learn more...](#)

### Awareness Through Movement w/Deborah Gross, LMBT, Cert. Prac.

**Sunday 10AM-Noon, Intro, 5/20 & 4-class series begins 5/27**

In the two-hour presentation (Intro class) we will learn about the Feldenkrais Method through both discussion and experiential movement. [Learn more...](#)

## Special Events

### An Evening of Universal Chanting

w/Jon Seskevich, RN, BSN, BA, CHTP

**Saturday 7-9PM, 4/14**

Let the power of sound, vibrations and love release you from your worldly concerns and physical discomforts. No singing, chanting, or musical ability needed! [Learn more...](#)

## NEW at WHS!

We are proud to announce we will be hosting a Meetup group every first Tuesday of the month. Please be sure to check in regularly to see what is in store for that month! [More info...](#)

## WELLNESS ARTICLES

### The Tyranny of Convenience

*The New York Times* - by Tim Wu

Convenience is the most underestimated and least understood force in the world today. As a driver of human decisions, it may not offer the illicit thrill of Freud's unconscious sexual desires or the mathematical elegance of the economist's incentives. Convenience is boring. But boring is not the same

Thursdays 11-11:55AM  
[More Info/Register](#)

**Pilates/Strength Training**  
Tuesdays 10-10:55AM  
[More Info/Register](#)

**Mat Pilates**  
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

**Sandy Brady**  
Certified Instructor

**Patricia Cadle, MRE, DCC**

**Melanie Dean, M.Sc, CSCS**  
[Website](#)

**Dr. Jay Dunbar**  
[Website](#)

**Deborah Gross, LMBT,**  
Certified Instructor  
[Website](#)

**Howard Jacobson, PhD**  
[Website](#)

**Jon Seskevich,**  
RN, BSN, BA, CHTP  
[Website](#)

**Toni Stevens,**  
Certified Instructor  
[Website](#)

**Betsy Templeton**  
Certified Instructor  
[Website](#)

**Stewart Walker, LMBT**  
[Website](#)

thing as trivial.

In the developed nations of the 21st century, convenience - that is, more efficient and easier ways of doing personal tasks - has emerged as perhaps the most powerful force shaping our individual lives and our economies. This is particularly true in America, where, despite all the paeans to freedom and individuality, one sometimes wonders whether convenience is in fact the supreme value.

As Evan Williams, a co-founder of Twitter, recently put it, "Convenience decides everything." Convenience seems to make our decisions for us, trumping what we like to imagine are our true preferences. (I prefer to brew my coffee, but Starbucks instant is so convenient I hardly ever do what I "prefer.") Easy is better, easiest is best. ([source](#)).

## How Stress Can Affect Your Blood Sugar Levels

by Dr. mercola

Stress does not act as a singular force on your body but rather acts like a snowball rolling down a mountain, gradually building in size and speed until it's virtually impossible to control. As stress builds in your body, it influences everything from your mood and brain function to your heart health and risk of both acute illness and chronic disease, including cancer.

When you become stressed your body also secretes cortisol and glucagon, both of which affect your blood sugar levels as well. On a metabolic level, when you're stressed and your body enters "fight or flight" mode, glucose is released in order to give your muscles the energy needed to run and escape whatever is threatening you. In the modern day, there's a good chance that threat is more mental than physical, however, which means you won't need that extra energy after all.

The end result is that your body must produce more insulin to keep your blood sugar levels in check, and when you're stressed out, your blood sugar levels will probably stay elevated much longer than they would otherwise, ultimately promoting weight gain and Type 2 diabetes. ([source](#)).

## Exercise Alters Our Microbiome. Is That One Reason It's So Good For Us?

*The New York Times* - by Gretchen Reynolds

Exercise may change the composition and activity of the trillions of microbes in our guts in ways that could improve our health and metabolisms over time, a new study finds.

The results provide novel insights into how exercise can affect even those portions of our bodies that seem uninvolved in workouts, perhaps providing another nudge to stick with our exercise resolutions this year.

I think we all have heard by now that each of us contains a pulsating little universe of bacteria within our guts. This microbiome includes countless different species of microbes in varying proportions that interact, compete and busily release various substances that are implicated in weight control, inflammation, immune responses and many other aspects of health throughout our bodies. ([source](#)).

## MARCH 2018 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
			1  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	2 8-9:15AM Yoga  <hr/> 3
5	6  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  <b>NO YOGA</b> 7:30PM Meetup	7  6-7:10PM Focus on Wu/Hao	8  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	9 8-9:15AM Yoga  <hr/> 10
12	13  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:40PM Tai Chi Practice	14  6-7:10PM Focus on Wu/Hao	15  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	16 8-9:15AM Yoga  <hr/> 17
19	20  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:40PM Tai Chi Practice	21  6-7:10PM Focus on Wu/Hao	22  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	23 8-9:15AM Yoga  <hr/> 24
26	27  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  4:15-5:30PM MELT Intro 6-7:15PM Yoga 7:40PM Tai Chi Practice	28  6-7:10PM Fundamentals	29  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	30 8-9:15AM Yoga  <hr/> 31

## APRIL 2018 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
2	3 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  4:15-5:30PM MELT System 6-7:15PM Yoga 7:30PM Meetup	4	5  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	6 8-9:15AM Yoga  <hr/> 7
9	10 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  4:15-5:30PM MELT System 6-7:15PM Yoga 7:40PM Tai Chi Practice	11	12  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	13 8-9:15AM Yoga  <hr/> 14 7-9PM Universal Chanting
16	17 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  4:15-5:30PM MELT System 6-7:15PM Yoga 7:40PM Tai Chi Practice	18	19  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	20 8-9:15AM Yoga  <hr/> 21
23	24 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  4:15-5:30PM MELT System 6-7:15PM Yoga 7:40PM Tai Chi Practice	25	26  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	27 8-9:15AM Yoga  <hr/> 28 10-Noon Compassion Fatigue
30				