

Classes/Events



Cardio Circuit Class
10-class series
Tues 12-12:50PM
[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
([Fitness Training](#),
[Sports Specific Training](#)
& [Rehab Training](#))



ZUMBA®
10-class series, Mondays
6-7:00PM, begins 9/14

10-class series, Saturdays
9-10:00AM, begins 9/12
[More info/Register](#)



New Classes

ZUMBA®

10-class series, Mondays 6:00-7:00PM, series begins 9/14
10-class series, Saturdays 9:00-10:00AM, series begins 9/12
Zumba takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance-style class. Using the rhythms of Merengue, Salsa, Cumbia and Reggaeton with an effective workout system, you'll have fun while getting a total workout. [Learn more...](#)

MELT Method As a System

4-class series, Thursdays 7:30-8:45 PM, 9/10-10/1
In this class you will learn how to MELT yourself at home, following MELT Maps to help you sequence the moves to focus on your individual body needs. [Learn more...](#)

MELT Method Advanced Techniques

6-class series, Thursdays 7:30-8:45 PM, 10/8-11/12
This 6-part series addresses at least the following topics: Upper Back, Low Back, IT Band, Hands & Feet and MELT Strength. [Learn more...](#)

Special Events

1st Friday Indian Music at WHS

NC Raga Revival showcases the Music of the Indian Diaspora and collaborations with other World Music artists. We kick off this exciting new musical series here at WHS with a tabla duet featuring Ishwin Dembla (punjab gharana) and Rahim Zalal (farukabad gharana). Viswas Chitnis will accompany the feature artists on esraj, a 19-string Indian violin. [Learn more...](#)

Announcements

One Price For Three Yoga Classes!

WHS announces a new policy that allows yoga students to participate in any of our fantastic yoga classes, with a purchase of a 10-class pass or paying a per class drop in fee. Come to our Tuesday PM classes, Gentle Yoga on Thursdays afternoons & Friday AM classes. WHS will keep track of your attendance. Our 10-class pass is \$115 and drop in rate is \$15. [Click here to Register.](#)

25% Off Your Third Class

WHS offers a special discount to participants of more than two classes. Your first two classes need to be an eight- or ten-class series or ongoing class.



Tai Chi/Qigong Fundamentals

10-class series

Weds 6-7:10PM, begins 9/9

[More Info/Register](#)



Gentle Yoga

Thurs 4:30-5:45PM

[More Info/Register](#)

Yoga Tues & Fri

Tues 6-7:15PM

Fri 8:30-9:45PM

[More Info/Register](#)



Plant Sale

See plant table out front under the old oak tree. Unusual plants that will be welcome additions to your home and garden.

[Learn more...](#)



Personal Training w/Kathy Lawrence (Fitness Training & Sports Specific Training)

Yoga classes (Tues, Fri & Gentle) are considered as one class. [Learn more...](#)

New Instructor

Among our Fall Classes and Events, WHS is happy to announce Cathy Miller, the newest addition to our WHS family. Cathy is a licensed ZUMBA instructor and very passionate about this popular aerobic fitness method. She discovered ZUMBA while participating in marathons and mud runs. She participates in ZUMBA fundraisers, class demos and flash mobs. Learn more about [Cathy Miller](#), her [Zumba Classes](#) or her [website](#).

New Beginnings for Douglas Waldruff, Ph.D.

Since January 2014 WHS has been fortunate to have Doug as a part of our team. We are sad to see him go! His office will now be located in Triangle Associates for Well Being, 6208 Fayetteville Rd Ste 106, Durham, NC 27713.

[Learn more...](#)

Wellness Resources

EWG's Sunscreen Guide for 2015

EWG's 9th annual edition of this guide finds persistent problems with the ingredients and marketing of sunscreens for the American market. Fully 8% of 1,700 products examined offer inferior sun protection or contain worrisome ingredients like oxybenzone and vitamin A.

EWG's Sunscreen [Hall of Shame](#) draws attention to products that promise safe sun protection and don't deliver. This year, one brand stands out - Neutrogena.

Neutrogena's advertising hype is further from reality than any other major brand EWG studied. It claims to be the "#1 dermatologist recommended [suncare](#) brand." Yet all four products highlighted on Neutrogena's suncare web page rate 7, in the red (worst) zone in EWG's database. Neutrogena's "Pure & Free Baby" sunscreen claims "special protection from the sun and irritating chemicals" and "hypoallergenic," but it contains a preservative called methylisothiazolinone, or MI, that some [researchers](#) call a potent allergen and that is deemed unsafe in Europe.

Neutrogena boasts shamelessly [sky-high SPF values](#). A dozen or so are labeled SPF 70; two claim SPF 100+ and one, SPF 110. The federal Food and Drug Administration says that SPF benefits max out at 50+ and wants to bar higher numbers, as the European Commission, Japan and Australia have done, but its proposed regulation, under fire from sunscreen manufacturers, has been stuck in bureaucratic limbo since 2007.

[Read More...](#)

Obesity Will Soon Overtake Smoking as Principal Cause of Cancer By Dr. Mercola

More than 2.1 billion people, or close to 30 percent of the global population, are overweight or obese, and obesity is responsible for about five percent of all deaths each year, worldwide. In the US, nearly [one in five deaths is now associated with obesity](#).

That obesity factors into your mortality risk isn't so surprising when you consider just how many chronic and serious diseases it's associated with.

WHS Quick Links



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

Instructors and Practitioners

Melanie Dean
[Website](#)

Dr. Jay Dunbar
[Website](#)

Leigh Johnson
[Website](#)

Kathy Lawrence
[Website](#)

Cathy Miller
[Website](#)

Betsy Templeton
[Website](#)

Stewart Walker, LMBT
[Website](#)

In the US, just eight **obesity-related diseases** account for 75 percent of all healthcare costs! Type 2 diabetes, hypertension, heart disease, **non-alcoholic fatty liver disease (NAFLD)**, dementia, and cancer are among them, but there are many others as well. [Learn more...](#)

Aspartame: By Far the Most Dangerous Substance Added to Most Foods Today

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug.

Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious, including seizures and death. [Learn more...](#)

Our Vision

"Wholistic" is a big umbrella and, accordingly, WHS keeps expanding its vision. The service - to which WHS is committed - brings together accomplished practitioners, instructors, and performers, in a beautiful facility with peaceful country environs, to support your optimal learning, healing, and renewal of inner resources. Our vision of Wholistic is going radical because there are so many essential parts of our lives that are almost never addressed by "holistic" centers or, for that matter, current offerings of WHS. Let's begin the conversations and educational opportunities for financial well-being, sexuality, serious diseases such as obesity, diabetes, cancer and heart attacks, organic gardening, the healing intimacy of the natural world and essential components of human spirituality begin!!!

AUGUST 2015 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
3	4 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	5	6 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI CLASS	7 8:30-9:45AM Yoga <hr/> 8
10	11 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	12	13 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI CLASS	14 8:30-9:45AM Yoga <hr/> 15
17	18 NO FITNESS CLASSES 6-7:15PM Yoga	19	20 NO FITNESS CLASSES 4:30-5:45PM Gentle Yoga NO TAI CHI CLASS	21 8:30-9:45AM Yoga <hr/> 22

24	25 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	26	27 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI CLASS	28 8:30-9:45AM Yoga <hr/> 29
31				

SEPTEMBER 2015 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
	1 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	2	3 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI CLASS	4 8:30-9:45AM Yoga <hr/> 5
7	8 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	9 6-7:10PM Fundamentals	10 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi 7:30-8:45PM MELT System	11 8:30-9:45AM Yoga <hr/> 12 9-10AM Zumba Classes
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21 6-7PM Zumba Classes	22 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 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 6-7:10PM Tai Chi 7:30-8:45PM MELT System	25 8:30-9:45AM Yoga <hr/> 26 9-10AM Zumba Classes
28 6-7PM Zumba Classes	29 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	30 6-7:10PM Fundamentals		