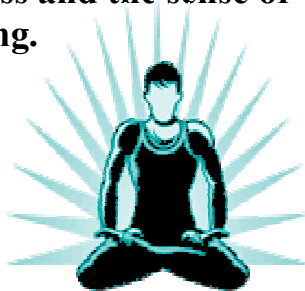


Benefits of Movement Classes



- ◆ Build and/or maintain healthy posture, strength, flexibility, and endurance
- ◆ Integrate mind, body, and soul
- ◆ Improve and/or maintain balance and coordination
- ◆ Restore relaxation, inner awareness and the sense of well-being.



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**An integrative healthcare
practice specializing
in physical
rehabilitation and wellness**



**Now Offering
Day and Evening
Movement Classes**



Movement Classes

Schedule and Description

Healing Yoga

Wednesday 12:00 – 1:00 and 5:30 – 6:30

The 10-week course begins March 15

Instructor: Livia Kohn

Easy stretches combined with slow, deep breathing and conscious awareness loosen muscles and joints. Easy to learn, a delight to practice, and very effective in opening the body, this practice releases stresses stored in the musculature and aids physical well-being. Good for anyone of any age group and physical condition, it helps with stress-related conditions and reverses the effects of aging. No prerequisites.

Taught by Livia Kohn, certified yoga teacher and hypnotist.

Class begins March 15 and runs for ten weeks until May 17, once a week, Wed 12:00-1:00 or Wed 5:30-6:30. Ten classes prepaid: \$95.00. Drop-in: \$12.00 per class.

For more information and to enroll, call 978-807-7364 or email the instructor at liviakohn@hotmail.com. You can also sign up in the first class.

**Turning the attention to the body
is the beginning of the process
Of compassionate self-care.
-Stephen R. Schwartz**

Evening Yoga

Monday 5:30 – 7:00 PM

The 8-week course begins March 13

Instructor: Bruce Beaudoin

Develop strength, flexibility, balance, and inner awareness through this beginning to intermediate yoga class. Establish a strong foundation in postures, movements, and breathing that allows you to create and expand your yoga practice. Wear unrestrictive clothing (a dressing room is available) and do not eat for at least 2 hours prior to class.

Taught by Bruce Beaudoin, long-term Iyengar-trained yoga teacher.

Class begins March 13 and runs for eight weeks to May 1, Mon. 5:30-7:00 PM. Classes are \$50.00 per month, payable on first Monday. Drop-in \$15.00. For details and to sign up, call 854-3149. It is also possible to sign up in the first class.

Morning Yoga

Friday 10:00 – 11:15

Classes begin March 17

Instructor: Nicole Beaudoin

Head into your weekend feeling relaxed and rejuvenated! Learn standing and seated poses, forward bends, back bends and twists, and begin to delve into inversions. We will also practice restorative poses to enter deep relaxation to gain a sense of thorough well-being. The class is fragrance-free. Please do not wear any scented products of any kind, including shampoo on wet hair!

Taught by Nicole Beaudoin, enthusiastic and dedicated yogini.

Class runs continuously in four-week segments. Classes are \$10.00 per class. Discounts available. Call 854-3149 for details and registration.

Tai Chi Chuan

Tuesday & Thursday 5:30 – 6:30 PM

The 10-week course meets twice a week

Begins March 14

Instructor: Aileen Shepherd

A slow and fluid movement class, this helps increase balance, coordination, strength, joint lubrication, and energy. After 15 minutes of Qigong warm-ups, the Yang-style short form is easy to learn yet deeply nourishing and relaxing. Beneficial for all ages. No prerequisites.

Taught by Aileen Shepherd, Doctor of Oriental Medicine and long-term practitioner of Tai Chi, Qigong, and yoga.

Class begins March 14 and runs for ten weeks, twice a week, Tuesday/Thursday 5:30-6:30 PM. Ten weeks prepaid: \$180.00. Drop-in: \$12.00.

For details and to sign up, call 838-1100 or leave a message at 418-8156. It is also possible to sign up in the first class.

**For more information on
Movement Classes
please call 505-838-1100 or visit
www.socorro.com/bodywise.**