

Body & Soul Newsletter



Wednesday Night Guest Speaker
Program a great success!

Thank you to all our great speakers!

Laura Clarson – Astrologer and Tarot Card Reader
Julia Rein – Quantum Biofeedback Specialist
Tara Douglas – Chiropractor, Atlas Specialist
Sonia Thunberg – Jewelry and Journal Maker
Bryan Angove and Mansour Hossein – Chiropractors
Cory Blickenstaff – Physical Therapist

These beautiful and delicious chocolate masks were part of Julia Rein's presentation.

New Happenings at Body & Soul!

Will becoming certified as a Chinese Medical Qi Gong Practitioner

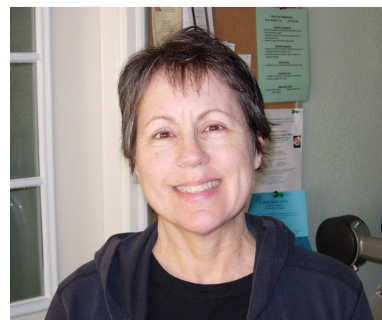
Will is studying with the International Institute of Medical Qi Gong which is a sister school to the He Nan University of Traditional Chinese Medicine in Zheng Zhou, China. The material he is learning is being applied immediately in the Senior Workout Class, Stress Management Breathing class and Tai chi classes that Will teaches. He will offer a Qi Gong class one night a week in the next schedule of classes. Chinese Medical Qi Gong works with the vital energy force within and around the body. It provides breathing and movement exercises to stimulate the energy flow in the body. The Chinese system believes that the various emotional stresses that we face each day has a direct effect on the organs in the body and if not checked promote various diseases. It is true that stress kills. Hopefully you will be able to take one of these unique classes to regain and stimulate your vitality and learn how to defeat the ravages of past emotional traumas that are stored in the body.

Dr. Cheryl Lowe completing her certification in Yoga

Cheryl has been studying with Bob & Ki McGraw in Seattle for over a year and will receive her formal certification December 7th. Cheryl brings a unique approach to yoga as she filters this valuable exercise regimen through her psychologist lens. Yoga is a gentle but very powerful change technology for body, soul and spirit.

Mary Salomon teaching at Body & Soul on Thursday Night at 6pm

Inner Moves combines self-healing floor exercise with easy to follow steps, natural dance movement, and fun world beat music! De-stress, energize, and move more freely. Mary Salomon, M.S. has over 25 years experience in fitness, Middle Eastern dance, and movement therapy.



Special thanks to Toni

Her kickboxing and fitness class is a mainstay of movement for all levels of fitness.



**Body & Soul Women's
Fitness Center**

**102 W Fourth Plain Blvd
Vancouver, WA 98660**

(360) 693-7059

Open to the Public:

M-Th 10am to 8pm

Fri 10am to 6pm

Sat 9am to 1pm

**Members have 24 hr
access!**

**A place where the
whole person is
supported,
motivated and
encouraged**



Welcome to our new session of classes.

1. Kickboxing with Toni will continue on Monday and Wednesdays at 6pm. This class is taught at different levels simultaneously so if you are a beginner or advanced you can take the class at your pace.
2. Move & Groove will now include a combination of Pilates floor work. This will extend Move & Groove to a 45 minute class. It will be taught Saturdays at 10am for our early birds, and Tuesdays at 6pm. Will is also offering a Low Impact Move & Groove in the afternoons Monday and Wednesday at 2:15pm
3. Tai Chi is defined by the Chinese as the "Ultimate Supreme Force"; it is also described as "Stillness in Motion". This powerful meditative force is touted by the Mayo Clinic as one of the best ways to deal with stress. The Yang Family short form will be introduced by Will. For beginners Will teaches an Introduction to Tai Chi on Wednesdays at 5:30pm. Those continuing their practice we offer a class Tue. at 12:15pm and Sat. at 11am.
4. Senior Workout is taught by Will on Mondays and Wednesdays at 11am. It focuses on breathing, stretching, range of motion and meditation. It is done in chairs or standing. There is no floor work.
5. Cheryl will be teaching both Yoga classes this session Tuesdays and Thursdays at 7pm.
6. Stress Management Breathing will be taught Thurs. at 12:15pm. Chinese Qi Gong exercises will be introduced
7. Inner Moves combines self-healing floor exercise with easy to follow steps, natural dance movement, and fun world beat music! De-stress, energize, and move more freely. Mary Salomon, M.S. has over 25 years experience in fitness, Middle Eastern dance, and movement therapy.
8. Qi Gong is on Mon. at 7pm and works with the vital energy force within and around the body. It provides breathing and movement exercises to stimulate the energy flow in the body.

Holiday Schedule

Nov. 27 th	Nov. 28 th	Dec. 24 th	Dec. 25 th	Dec. 31 st	Jan. 1 st
Move & Groove @ 10am Yoga@11am	Key-tag access only	Key-tag access only	Key-tag access only	Key-tag access only	Key-tag access only

Class Schedule

November 9th - December 31st

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key tag access only	10am Open to Public	10am Open to the Public	10am Open to Public	10am Open to the Public	10am Open to the Public	9am Open to the Public
	11am Senior Workout (Will)	12:15pm Tai Chi (Will)	11am Senior Workout (Will)	12:15pm Stress Management Breathing (Will)		10am Move & Groove (Will) 11am Tai Chi Practice (Will)
	2:15pm Move & Groove Low Impact (Will)		2:15pm Move & Groove Low Impact (Will)	5:30pm Intro to Tai Chi (Will)		1pm Closed to the Public
	6pm Kickboxing (Toni)	6pm Move & Groove (Will)	6pm Kickboxing (Toni)	6pm Inner Moves (Mary)	6pm Closed to the Public	
	7pm Qi Gong (Will)	7pm Yoga (Cheryl)		7pm Yoga (Cheryl)		
	8pm Closed to the Public	8pm Closed to the Public	8pm Closed to the Public	8pm Closed to the Public		