

The Open Mind Center Class Calender- February 2012

Wednesday 2/1/2012
4:30-5:30pm- Yoga for Kids! 6:15-7:30pm- Hatha Yoga (Level 1 & 2) 6:30-7:30pm- Gentle Yoga 7:00-8:00pm- Meditation for All
Thursday 2/2/2012
10:00-11:15am- Hatha Yoga (All Levels) 6:30-8:00pm- Hot Yoga
Friday 2/3/2012
10:00-2:00pm- Reflexology Mini-Sessions
Saturday 2/4/2012
9:00-10:15am- Hatha Yoga (All Levels) 10:15-11:15am- Restorative Yoga 11:30-12:30pm- Latin Workout 4:00-5:30pm- Yoga Trance Dance
Monday 2/6/2012
10:30-11:45am- Kundalini Yoga 6:15-7:30pm- Hatha Yoga (All Levels) 7:00-8:00pm- Spiritual Discussion Group 7:00-8:00pm- Tai Chi
Tuesday 2/7/2012
12:30-1:30pm- Hatha Yoga (All Levels) 6:30-7:30pm- Self Defense Course 6:30-8:00pm- Hot Yoga 7:00pm- Full Moon Ceremony
Wednesday 2/8/2012
12:30-1:30pm- Lunchtime Book Club 4:30-5:30pm- Yoga for Kids! 6:15-7:30pm- Hatha Yoga (Level 1 & 2) 6:30-7:30pm- Gentle Yoga
Thursday 2/9/2012
10:00-11:15am- Hatha Yoga (All Levels) 6:30-8:00pm- Hot Yoga
Saturday 2/11/2012
9:00-10:15am- Hatha Yoga (All Levels) 10:15-11:15am- Restorative Yoga 11:30-12:30pm- Latin Workout 1:00-2:30pm- Reiki Share 2:00-4:00pm- Tarot Round Table
Monday 2/13/2012
10:30-11:45am- Kundalini Yoga 6:15-7:30pm- Hatha Yoga (All Levels) 7:00-8:00pm- Spiritual Discussion Group 7:00-8:00pm- Tai Chi
Tuesday 2/14/2012
Happy Valentines Day!
12:30-1:30pm- Hatha Yoga (All Levels) 6:30-7:30pm- Self Defense Course 6:30-8:00pm- Hot Yoga

Wednesday 2/15/2012
4:30-5:30pm- Yoga for Kids! 6:15-7:30pm- Hatha Yoga (Level 1 & 2) 6:30-7:30pm- Gentle Yoga 7:00-8:00pm- Meditation for All
Thursday 2/16/2012
10:00-11:15am- Hatha Yoga (All Levels) 6:30-8:00pm- Hot Yoga 7:00-8:30pm- Soul Retrieval Introduction and Journey
Friday 2/17/2012
10:00-2:00pm- Reflexology Mini-Sessions
Saturday 2/18/2012
9:00-10:15am- Hatha Yoga (All Levels) 10:15-11:15am- Restorative Yoga 11:30-12:30pm- Latin Workout
Monday 2/20/2012
10:30-11:45am- Kundalini Yoga 6:15-7:30pm- Hatha Yoga (All Levels) 7:00-8:00pm- Spiritual Discussion Group 7:00-8:00pm- Tai Chi
Tuesday 2/21/2012
12:30-1:30pm- Hatha Yoga (All Levels) 6:30-7:30pm- Self Defense Course 6:30-8:00pm- Hot Yoga 7:00pm- New Moon Ceremony
Wednesday 2/22/2012
12:30-1:30pm- Lunchtime Book Club 4:30-5:30pm- Yoga for Kids! 6:15-7:30pm- Hatha Yoga (Level 1 & 2) 6:30-7:30pm- Gentle Yoga
Thursday 2/23/2012
10:00-11:15am- Hatha Yoga (All Levels) 6:30-8:00pm- Hot Yoga
Saturday 2/25/2012
9:00-10:15am- Hatha Yoga (All Levels) 10:15-11:15am- Restorative Yoga 11:30-12:30pm- Latin Workout 7:00-9:00pm- Open Mic Poetry
Monday 2/27/2012
10:30-11:45am- Kundalini Yoga 6:15-7:30pm- Hatha Yoga (All Levels) 7:00-8:00pm- Spiritual Discussion Group 7:00-8:00pm- Tai Chi
Tuesday 2/28/2012
12:30-1:30pm- Hatha Yoga (All Levels) 6:30-8:00pm- Hot Yoga
Wednesday 2/29/2012
4:30-5:30pm- Yoga for Kids! 6:15-7:30pm- Hatha Yoga (Level 1 & 2) 6:30-7:30pm- Gentle Yoga 7:00-8:00pm- Meditation for All

The Open Mind Center Class Descriptions-February 2012

Cost; Instructor; Date & Time

Special Events

Open Mic Poetry- The Open Mind Center would like to invite you to give voice to your poetry or just come by and listen. If you have a passion for poetry, this is not to be missed. This event will open you up to the magnificent beauty of poetry, especially when read aloud. It does not matter if it's your first or your 100th time, come out and share your gift.

Investment: \$5
Teacher: Donna Bonter
Offered: Saturday, 2/25 from 7:00-9:00 pm

Reflexology Mini Sessions- The practice of reflexology is the act of applying pressure to the feet, hands or ears with specific thumb and finger techniques to promote health and healing. This is a great way to try reflexology if you've ever been curious or haven't experienced this beneficial therapy in a while. Full sessions are also available if you'd like to experience the complete healing powers of reflexology.

Investment: \$20 for 15-minutes
Practitioner: Tina Jackson
Offered: Fridays, 2/3 and 2/17 from 10:00-2:00pm

Personal Development

Lunchtime Book Club- Join us for our exclusive new Book Club where we will discuss books with an exciting and life affirming premise. This will be a great way to bring the community together all whilst discussing the great books we offer. The first book club selection is I Will Not Die an Unlived Life by Dawna Markova. Book club selections can be purchased at The Open Mind Center. Bring your book the day of the discussion!

Investment: Free
Facilitator: Amy Wertz-Moreau
Offered: Wednesdays, 2/8 and 2/22 from 12:30-1:30pm

Six Week Self Defense Course- In this extensive six week course you will learn how to protect yourself, reduce your fear of being attacked, increase your self-confidence and self-esteem and overcome your worries of past traumas. You will start the year knowing skills that will stay with you and help you for the rest of the year. Join us and literally learn how to save your life.

Teacher: Donald Jett
Offered: Tuesdays 2/7, 2/14 and 2/21 from 6:30-7:30pm, it is not too late to join this series.

Holistic Health Classes

Meditation for All- In a recently published study, it has been found that people who meditate may be able to use their brains in ways to tune out distractions, focus on the task at hand, and experience more happiness than those who don't. Amongst its other benefits (reduced stress, increased sense of well-being, greater energy and creativity) people who meditate don't get lost in mindless negative chatter. Making the choice to meditate brings many benefits and is a simple, uncomplicated act of honoring your mind, body and spirit.

Investment: \$10 per class
Teacher: Sedef Dion
Offered: Wednesdays 2/1, 2/15 and 2/29 from 7:00-8:00pm

Reiki Share- Join us for an afternoon of sharing the Light and Love of Reiki! All are welcome to attend, as both first timers and seasoned Reiki practitioners will have the opportunity to receive (and give) Reiki healing energy. Come for healing in a sacred space and multiplying this profound spiritually guided healing energy alongside gifted practitioners and Masters. This is the perfect way to recharge!

Investment: \$15
Teacher: Melba Black
Offered: Saturday, 2/11 from 1:00-2:30pm

Yoga, Bodywork and Movement

Yoga Trance Dance- Experience a natural, playful, flow of movement throughout the entire body. This lovely flow yoga class increases rejuvenation, relaxation and joy, at the same time removing blocks from the mind and body. Yoga awakens the breath, fluidity of the spine, and inner power. Free-form trance dance cultivates natural movement, intuition, and creativity. Now, with Yoga Trance Dance you can experience the benefits of both these traditions - in one energized workout. No experience necessary.

Investment: \$30
Teacher: Amanda Thompson
Offered: Saturday, 2/4 from 4:00-5:30 pm

For more information, or to register for a class, please visit us at www.theopenmindcenter.com or call (678) 243-5074. Hours- Monday through Thursday 10:00am-8:00pm, Friday and Saturday 10:00am-6:00pm

<p>Yoga for Kids- At the Center we are committed to teaching health and wellness practices starting at a young age. Yoga is a great way to begin to teach kids the benefits of quieting your mind and focusing on breathing. Studies have shown that yoga for kids can enhance concentration, manage headaches and irritable bowel syndrome as well as improving calmness. Each of our Yoga for Kids classes is based on a theme that will inspire your child to manage physical and emotional responses to life. The kids will be taught poses and flows designed to tap into what all kids relate to in their life. We empower children with breathing techniques that help energize, calm, cleanse, and balance their body and mind and show them how to practice yoga anytime.</p>	<p>Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes Teacher: Sedef Dion Offered: Wednesdays from 4:30-5:30pm</p>
<p>Tai Chi- Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements-- connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a form of exercise that's now used for stress reduction and to help with a variety of other health conditions. During tai chi, you focus on movement and breathing. Stress, anxiety and tension should melt away as you focus on the present, and the effects can last well after you stop your tai chi session. Learning tai chi from a qualified instructor will teach you the underlying philosophy behind this relaxation technique as well as the proper positions and breathing methods.</p>	<p>Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes Teacher: Donald Jett Offered: Mondays from 7:00-8:00pm</p>
<p>Latin Workout- Dance your way through the new year and keep off those unwanted pounds! Latin workout teaches you the three fundamental movements essential to Latin dancing while you receive a full 360 core workout and listen to uplifting Latin music. Not only is it fun, but you can rediscover your body and it's capability to move. With this amazing dancing exercise class you will raise your heart rate and flatten, strengthen and tighten your entire core! It is similar to Zumba. Come join us every Saturday!</p>	<p>Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes Teacher: Virginia Coker Offered: Saturdays from 11:30am-12:30pm</p>
<p>Gentle Yoga- Gentle yoga can be practiced by students of all ages and fitness levels. If you are new to yoga, or even a more experienced yogi who would like to take a less intense practice, then this is the program for you. Gentle Yoga simplifies the yoga movements by using props, so the healthful, calming, rejuvenating benefits can be achieved by anyone. Each class begins with deep breath work, gentle warm-up poses, standing postures that increase strength and flexibility, and brain wave vibration exercises to improve focus and sharpen the mind, followed by a series of cool-down and deep relaxation to bring balance between body, mind and spirit.</p>	<p>Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes; \$240 for 22 classes and \$320 for 33 classes Teacher: Amanda Thompson Offered: Wednesdays from 6:30-7:30pm</p>
<p>Hot Yoga- Hot Yoga is a form of Hatha Yoga performed in a room at a temperature between 90F- 105F. While class formats will vary, Hot Yoga follows a system of 26 Yoga postures. Hot Yoga cleanses the mind and body by releasing toxins. It facilitates deeper stretching, improves flexibility and range of motion, develops the immune system, and increases the chances of weight loss. This is an all levels class.</p>	<p>Investment: Drop in rate \$19; \$73 for 4 classes; \$142 for 8 classes; \$187 for 11 classes Offered: Tuesdays and Thursdays from 6:30-8:00pm</p>
<p>Hatha Yoga- Our Hatha Yoga is separated into levels. Level 1 is for beginners with little experience, where in the instructor will explain the pose and breath and will help students achieve the correct position. Level 2 is for those with some experience who still need guidance but poses a general knowledge of yoga poses and breathing. All Levels is for beginners and experienced practitioners, but know that time will be taken to explain and position those who are new.</p>	<p>Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes; \$240 for 22 classes and \$320 for 33 classes Teacher: Grace Larrimore Offered: Mondays & Wednesdays from 6:15-7:30pm (Level 1&2), Tuesdays from 12:30-1:30pm (All Levels), Thursdays from 10:00-11:15am, Saturdays from 9:00-10:15am (All Levels)</p>

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10:00am-8:00pm, Friday and Saturday 10:00am-6:00pm**

Kundalini Yoga- Utilize movement, sound, breath and meditation to relax and restore your mind and body while improving strength, flexibility and endurance. This powerfully effective form of yoga stimulates the immune, nervous and glandular systems, helping to bring you back into true harmony. It is a sacred and scientific technology which enables you to access and realize your own creative energy to unlock your potential and elevate your consciousness. You will experience good techniques to aid self-development and to generate profound and lasting advancement. This class is for all levels.

Restorative Yoga- Restorative Yoga is a practice that often gets overlooked in a world where “doing” is valued far more than “being”. In this lovely practice, you can leave the distractions and stresses of daily life and devote much needed time to restoring your own sense of well-being. Students are situated in simple, comfortable poses on the floor, supported with blankets, straps or blocks. By staying in poses for longer periods of time it allows gravity to create the releases and openings for the body without the effort of “doing.”

Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes; \$240 for 22 classes; \$320 for 33 classes

Teacher: Sedef Dion

Offered: Mondays from 10:30-11:45am

Investment: Drop in rate \$15; \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes; \$240 for 22 classes and \$320 for 33 classes

Teacher: Grace Larrimore

Offered: Saturdays from 10:15-11:15am

Spiritual Inquiry and Practice Classes

Tarot Round Table- Join us for this insightful and unique class designed for professionals and amateurs alike. If you've ever been interested in learning the Tarot but got lost in all the in-depth analysis in the materials that came with the cards, then this is the group for you. We will be learning the tarot through hands on experience and everyone will give and receive three card readings. Clarity will be gained and knowledge accessed, learning the tarot in this environment will be fun! Participants must bring their own cards. Decks may also be purchased at The Open Mind Center.

Investment: \$10

Teacher: Donna Bonter

Offered: Saturday, 2/11 from 2:00-4:00pm

Soul Retrieval Introduction and Journey- Sometimes in the struggles of life, we bury a part of our most precious being for protection. In this guided meditation, you will be taken through a visualization journey into the depths of your subconscious, where you will have an opportunity to receive animal guides, retrieve a lost part of yourself, and receive guidance and gifts from the divine.

Investment: \$15

Teacher: Gay Wolff

Offered: Thursday, 2/16 from 7:00-8:30pm

Spiritual Discussion Group- Do you crave deep discussions? Are you looking for more ways to have engaging conversations with like minded-people and share experiences, strength and hope? If this peaks your interest, please join us. Preregistration is requested, but walk-ins are welcome.

Investment: Love Offering (Minimum of \$5)

Teacher: Donna Bonter

Offered: Mondays from 7:00-8:00pm

Full Moon Ceremony- The full moon is a time to take advantage of the energy building since the new moon, using it for transformation. This February's Full Moon marks a time for setting intentions that involve healing, protection and fulfillment of obligations or finishing projects. Come be with us as we harness this powerful energy for our highest and best. Bring a list of your February intentions to the ceremony.

Investment: Free

Teacher: Donna Bonter

Offered: Tuesday, 2/7 from 7:00pm

New Moon Ceremony- The New Moon is a time of beginnings- a time to plant the seeds that can come to fruition two weeks later on the Full Moon. The New Moon of February is the Storm Moon working its way through Pisces. This New Moon is a good time to begin focusing on emotional or romantic intentions as well as overall new beginnings. Musicians and anyone wanting to develop their intuitive centers of clairvoyance would benefit from the Storm Moon's guidance. Join us, every month for our free New Moon Ceremony. Bring a list of the new beginnings you'd like to create to the ceremony.

Investment: Free

Teacher: Donna Bonter

Offered: Tuesday, 2/21 from 7:00pm

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