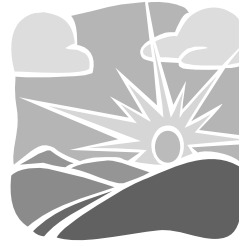


Lourdes Integrative Wellness Center

Summer 2008



Wholistic Movement



Personal Wellness

BASIC YOGA

Beginners Welcome!

Tuesdays, June 17-July 8 (4-week series)

7-8:30 PM

\$48 (must pre-register)

Tuesdays, July 15-September 2 (8-week series)

7-8:30 PM

\$96 (must pre-register)

Yoga promotes relaxation, reduces stress and calms anxiety. Classes will bring inner and outer balance through stretching, breath work and meditation.

Nancy Wahl, CYT, RYT

~inquire about private yoga sessions~

[New Class Forming!](#)

GENTLE YOGA

Thursdays, July 17-August 7 (4-week series)

6-7 PM

\$48 (must pre-register)

Christine Rodgers, CYT, RYT

Experience yoga! Promotes relaxation, reduces stress and calms anxiety. All levels welcome!

[New Class Forming!](#)

YOGALATES

Thursdays, July 17-August 7 (4-week series)

7:30-8:30 PM

\$48 (must pre-register)

Christine Rodgers, CYT, RYT

Yoga combined with pilates inspired breathing and movements. All levels welcome!

T'AI CHI

Tuesdays, June 17-July 8 (4-week series)

5:30-6:30 PM

\$28 (must pre-register)

Gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind.

Jim Eastwick

Interested in trying T'ai Chi? Come to our FREE Wellness Event on September 9 and try a FREE class!

[Coming in September!](#)

HEALING CIRCLE-NURTURE THE HEALER

1st Wednesday of the Month

Starting September 3

7-9 PM

\$5

Inquire about joining our Healing Circle. All healing practitioners interested in expanding their spiritual healing awareness and sharing with other practitioners welcome.

Annie Carricato, CHT

THE INTUITIVE IMAGINATION

July 10

7-8:30 PM

\$15 (must pre-register)

Understand how your spiritual development and meditation can jump start your intuition. Learn practical ways to use intuition in your daily life.

Develop an understanding of your inner vision to use in business and interpersonal relationships.

Annie Carricato, CHT

GUIDED MEDITATION

August 14 & August 21

7-8:30 PM

\$15 each session/\$25 for both with pre-registration

An introduction to techniques for stilling your mind while obtaining skills that assist in relaxation through proper breathing.

Annie Carricato, CHT

SAVE THE DATE!

Join us for a FREE Wellness Event!

Tuesday, September 9

5:00-8:30 PM

Meet instructors and try a free session of T'ai Chi, Yoga or Guided Meditation.

Enter to win a foot reflexology or massage session!

LOURDES INTEGRATIVE WELLNESS CENTER

45B Homestead Drive (Homestead Plaza) Columbus, NJ 08022 (609) 324-8458

www.lourdeswellnesscenter.org

Lourdes Integrative Wellness Center
Summer Wellness Calendar



LOURDES INTEGRATIVE WELLNESS CENTER
45B Homestead Road
Columbus, NJ 08022

Menu of Services

Acupuncture-Tuesdays (8-11:30 am)	\$95 Initial Visit/\$65 Follow-up visits
Cosmetic Acupuncture-Tuesdays (8-11:30 am)	\$175 Session
Massage-Tuesday & Thursday	\$43 1/2 hour /\$70 1 hour
Deep Tissue Massage	\$80 1 hour
Massage with Essential Oils	\$75 1 hour
Foot Reflexology-Tuesday & Thursday	\$43 1/2 hour/\$70 1 hour
Pregnancy Massage	\$80 1 hour
Pregnancy Shiatsu	\$90 1 hour
Infant Massage	\$70 1 hour

Private Sessions Available: Yoga, Tai Chi, Weight Loss and Stop Smoking with Hypnosis

Services available by appointment. Other services available.-please inquire.

Please call (609) 324-8458 to schedule.

Save the Dates:

Free Wellness Event

Tuesday, September—9th 5-8:30PM

Meet instructors and join in on a free session of Tai Chi, Yoga, or Guided Meditation

Enter to win 1/2 hr foot reflexology or 1/2 hour massage!

Feng Shui for Home & Life

Monday, September 22—6-8:30PM \$40

Introductory session to assist you in unblocking areas of your life and home.

Experiential Foot Reflexology

Monday, September 29th 7—8:30 PM \$50

Hands on training in foot reflexology, bring a pillow and a friend!