



WAITING FOR SPRING

As winter (hopefully) starts to loosen its grip and nature begins to quicken, many of us find it easier to be more active. Whether it's going for walks to see the crocuses, joining rec league soccer or baseball, or biking along the river, people often relish being outdoors in slightly warmer weather.

Even if you've stayed active during the winter, however, changing activities when the snow disappears can lead to muscle strains and injuries. It's a good idea to try to ease into new activities to give your body time to adjust, and to set aside some time for gentle stretching and core strengthening exercises.

Pilates or gentle yoga classes can be an excellent way to build strength and flexibility — not only does this help your overall wellbeing and fitness, but it can also ensure you have a strong foundation to more easily switch between different activities without developing injuries.

Check out some of our new drop-in classes on page 2, or visit our website to see our full roster of classes and treatments.

UPCOMING 6 WEEK REGISTERED CLASSES

Our 6-week registered classes are a popular way to participate in a class without having to commit to registering for 10 months. Information is cumulative, building on previous weeks and giving you the opportunity to really explore a topic.

Pilates for Recovery from Motor Vehicle Accidents with Anne-Marie Stephure March 21 - April 25, 2018

Class Description: This six week intensive is designed for people suffering from acute and chronic pain as a result of a motor vehicle accident. Participants will learn how to engage and work with the proper muscles to mitigate and lessen overall pain and discomfort. This course is geared towards adult clients who are interested in learning specific techniques and exercises to help strengthen key core stabilizing muscles which allows for greater mobility, strength, and flexibility of the body. This intensive is also designed for clients who are interested in learning how to strengthen and recover their overall muscle strength and stamina after injury. Clients must be able to walk and be cleared for movement from their physician. This class does not diagnose conditions.

Class Details: 6 1-hour classes on Wednesday from 7:30 am to 8:30 am

Pilates for Chronic Neck and Back Pain with Anne-Marie Stephure March 21 - April 25, 2018

Class Description: This six week intensive is designed for people with mild to moderate chronic* neck and back pain. Participants will learn how to engage and work with the proper muscles to mitigate and lessen chronic tension and pain. This course is geared towards adult clients who are interested in learning specific techniques and exercises to help strengthen key stabilizing muscles. Clients must be able to walk and move from a sitting to standing position. This class does not diagnose conditions and is not intended for acute injuries.

*For the purposes of this class, chronic pain means pain that has been present for 3 or more months. This class engages in stabilizing exercises to stretch and strengthen the back and neck. These floor exercises can help to reduce tension and pain.

Class Details: 6 1-hour classes on Wednesday from 8:30 am to 9:30 am

White Crane Qigong | Part II with Bobbie Lu-Kopf May 3 - June 7, 2018

Class Description: Standing or sitting postures that honor the gentle movements of Qigong. A slow-paced health oriented practice that has been supporting practitioners' well-being for 2000 years. Circulation improves, heart rate remains low, core muscles are strengthened, balance is honed, and energy is cultivated.

Class Details: 6 1-hour classes on Thursday from 1:30 to 2:30 PM

Registered classes with no drop-ins | \$144 + GST | Maximum of 10 people | Fee is non-refundable, but can be converted into VNHC Credit prior to the session start date | Fee is non-transferable once the session has started
| Contact us for details |

Find us on social media!

Varsity Natural Health on facebook

Visit our website for more articles and staff Q&A's!



No winter lasts forever; no spring skips its turn. —Hal Borland—

SPECIALIZED PILATES FOR INJURY RECOVERY

BY ANNE-MARIE STEPHURE

For those struggling with chronic pain, simple tasks may be more difficult and everyday activities can require modifications. Fortunately, through strengthening key 'core' muscles, back, neck and overall body pain can be significantly reduced.

Generalized Pilates classes are beneficial for strengthening the core, elongating the body, and increasing overall fitness; however, they may not be appropriate for those recovering from an injury or for those with ongoing chronic back and neck pain. A specialized class can often provide the right avenue for clients to work on their individual health and well-being in a safe environment.

Specialized Pilates classes provide clients with ways to strengthen weak muscles and increase the flexibility and mobility of muscles that are overloaded. Lessening the load on overstrained muscles and increasing the stamina and strength of key weakened muscles often leads to pain reduction and an increase in overall wellness in the body.

The specialized Pilates classes at Varsity Natural Health Center offer a gentle entry into recovery and help empower clients with new muscle and movement pathways designed to decrease overall body pain. Since these classes are tailored towards clients who are in recovery, the small class size is essential. In this small group environment, clients will experience an enhanced connection with their body through targeted exercises and instruction specifically designed for chronic pain and injury recovery.

During a specialized six week class, clients can expect to directly address and strengthen key areas that will help heal their injury or support the reduction of chronic pain through:

- Mat Work
- Breath Work
- Standing Exercises
- Held Stretches
- Balance Work

As a result of targeting key muscles and building appropriate muscle and movement pathways not only is body pain significantly reduced but clients also experience greater flexibility in joints and muscles, increased strength and stamina in going through daily activities, and an overall improved sense of well-being.

NEW WEEKLY DROP-IN CLASSES

We offer a variety of wellness classes throughout the week on a drop-in basis. New students are always welcome! Check our website for the full selection, or call reception for more information.

Drop-in classes | Drop-in fee that can be purchased for single class or in multiples of your choice | Sign-in online or at the front desk | Promotional pricing available for new clients

Mindful Meditation with Rocky van der Hoek

Mondays 7:00 - 8:00 pm

Tuesdays 10:30 am - 12:00 pm

Class Description: Experience meditation every week and incorporate its life giving benefits into your life. Become mindful and learn how to work with your mind in a way that will bring peace and balance back into your every day life. The class is designed especially for those of you that wish to understand and learn how to break through the control of the Ego, or to quiet the "critic" which resides within your everyday thoughts.

Yin/Yang Yoga with Lara Osis

Wednesdays 6:30 - 7:30 pm

Class Description: A class that blends both yin and yang yoga. These two forms of Taoist yoga from Japan are combined to improve your strength, flexibility, and stamina without being as intense as a typical Hatha class. Yang component – build strength and balance through connected dynamic movements. Done standing and repeated for sharpness of movement. Yin component – stretch the fascial tissue through gentle but effective poses. Done in a relaxed state on the mat, helps to lengthen muscles and release tension.

Morning Mat Pilates with Anne-Marie Stephure

Thursdays 10:30 - 11:30 am

Class Description: Learn and practice the Pilates and core exercises most relevant to women. This class is for the maintenance and recovery of the deep pelvic floor and core strength with women's issues in mind. Relaxed and fun!

