

Mind/Body Challenge

Challenge Dates:

September 18 - October 15, 2022

Challenge Details:

Register for the Mind/Body Challenge on the *My Wellness* portal under "Classes/Events Schedule." Complete as many of the Mind/Body related activities as possible for your chance to win some prizes and to emphasize total health both physically and psychologically! Galter LifeCenter offers a variety of Mind/Body classes, which include yoga, Pilates, meditation, tai chi, barre and more. Mark your progress on the back of the card throughout. Scan or take a photo of your card at the end of the challenge and email to jbonney@schosp.org by **Saturday, October 22**. Complete 14 squares and you will win a prize! Complete 21 or more squares, you will be entered into a raffle to win a free Private Mind/Body session!

Workshops:

Separate registration for each workshop is required. Log on to the *My Wellness* portal and search under "Classes/Events Schedule."

Prices: *Members: \$0 Nonmembers: \$25*

Gentle Pilates with Jessie N.

Thursday, September 22 9:30 - 10:30 a.m. Studio 4

Similar to Yoga, Pilates concentrates on posture, balance and flexibility. This gentle Pilates mat class combines the fundamentals of core engagement, proper posture and alignment to achieve an overall balanced body. Class will start with a thorough warm up to establish a Mind/Body connection, then progress with precise abdominal moves to strengthen without straining, along with back and hip strengtheners that improve your posture and balance. This class is perfect for beginners or people with physical limitations.

Yoga Workout with Tim N.

Saturday, October 1 9 - 10:30 a.m. Studio 4

This flow-style class features sun salutes, dynamic vinyasa and standing pose combos, twists, back bends, and hip-opening seated poses. You'll work up a sweat while building flexibility, strength and energy. Previous yoga experience will be helpful for this workshop.

Candlelight Yoga with Lisa R.

Wednesday, October 5 6:30 - 7:30 p.m. Studio 4

A well-rounded, all levels class that is a mindful combination of breath, synchronized movement and static postures, all within a relaxing candlelit atmosphere. We will start with a warm-up and move into strength, balance and flexibility building postures, including standing and seating poses, and wind down with some cooling postures and savasana.

Finding Maximum Space in Your Joints with Tonna R.

Saturday, October 15 noon - 1:15 p.m. Studio 4

In this Yoga Workshop, Tonna will slow things down and help you focus on subtle details of alignment. Practice familiar poses and contract different muscles simultaneously to create balance within the joints. Learn how isometric isolation feels more integrated and helps support the longevity of the joints. This will benefit anyone living with arthritis, alignment challenges or who want to move deeper into various postures.

G	A	L	T	E	R	
Take any Group Fitness Mind/Body class	Try a new class with a beginner's mind	Take a walk in nature	Practice 5-10 minutes of sun salutations on your own	Listen to music which makes you happy	Spend 10 minutes breathing mindfully	Attend Gentle Pilates Workshop with Jessie N.
Spend 5-10 minutes in Legs Up the Wall pose	Take a Focused Fitness Mind/Body class	Try any Pilates, meditation or self care class from GLC's YouTube page	Write down 5 things that you are grateful for	Try meditation through a class or an app	Try a new yoga pose	Attend Yoga Workout Workshop with Tim N.
Try your own 30 minute yoga practice at home	Slow down and take Gentle Yoga or Yoga Foundations	Use a guest pass and bring a friend to any Group Fitness Yoga class	Set an intention for today. Bring to mind your intention at least 4 times throughout the day.	Take an Aqua Pilates or Aqua Yoga class	Brush your teeth standing on one foot or standing in Tree Pose	Attend Candlelight Yoga Workshop with Lisa R.
Prepare and mindfully eat a well-balanced meal	Try to go throughout your day without any judgment	Try a new (different) spot in your Mind/Body class today	Try any Pilates, meditation or self Care class from GLC's YouTube page	Watch a movie or show with a positive message	Hold plank pose for 2 minutes	Attend Finding Maximum Space in Your Joints Workshop with Tonna R.

Registration for classes and workshops required. Log on to the *My Wellness* portal at **GalterLifeCenter.org** to reserve your spot.

For more information, contact Francie Habash at **773-878-9936, ext. 7343**, or email **fhabash@schosp.org**.