ANCIENT WISDOM FOR TODAY'S LIFE
Unique and innovative programs for your mind, body, heart and soul.
Spring 2011

When currently enrolled in a $42 class, you may enroll in a second class **in the same date range** for only $36. It's our way of saying "thank you" for choosing us again.

HEALING ARTS
Family Care Integrative Reflexology™
9:00a.m.-5:00 p.m., Friday, Apr 8 ($125/1 day)
9:00a.m.-5:00 p.m., Friday, May 13 ($125/1 day)
In this one day class, you will learn the basic techniques of foot and hand Integrative reflexology to use on yourself and other family members. You will be introduced to the background and research that supports this hands-on therapy. Each student will have the opportunity to practice the basic techniques during class time, and to receive a basic treatment themselves. At the end of the class each student will be taught simple techniques specific to their health concern, i.e. relaxation, pain relief, anxiety, attention disorders, minor edema, early on-set diabetes foot discomfort, and more. Cost of class includes primer book. **$25 Non-Refundable fee due at time of registration for the cost of materials.**

HOLISTIC BODYWORK
Pilates
5:30-6:30 p.m., Thursdays, Apr 7 to May 19 ($42/six weeks) No Class Apr 14th
5:30-6:30 p.m., Thursdays, May 26 to Jun 30 ($42/six weeks)
Whether you're 18 or 80, you can use Pilates for general fitness or as cross training with other sports, dance and exercise regimes to greatly improve your performance. The rhythmic exercises will promote a strong and flexible body core. An exercise mat is required for class.

T'ai Chi – The Essence of T'ai Chi
6:30-7:30 p.m., Tuesdays, Apr 5 to May 10 ($42/six weeks)
6:30-7:30 p.m., Tuesdays, May 17 to Jun 28 ($49/seven weeks)
If you are searching for relaxation and inner peace while being physically fit, T'ai Chi is for you. T'ai Chi offers meditation in motion, a system of rounded, fluid and balanced movements that help center your mind and strengthen your body.

Qigong
7:30-8:30 p.m., Tuesdays, Apr 5 to May 10 ($48/six weeks)
7:30-8:30 p.m., Tuesdays, May 17 to Jun 28 ($56/seven weeks)
You will be "working with the life energy" when learning Qigong, the ancient Chinese art of cultivating and training your internal energy to relieve stress and pain for health and healing.

Yoga: Mind and Body
5-6 p.m., Mondays, Apr 4 to May 9 ($42/six weeks)
5-6 p.m., Mondays, May 16 to Jun 27 ($42/six weeks) No Class May 30
5-6 p.m., Wednesdays, Apr 6 to May 11 ($42/six weeks)
5-6 p.m., Wednesdays, May 18 to Jun 29 ($42/six weeks)

Yoga emphasizes the development of strength, stamina, and flexibility by utilizing the body's postures and breathing techniques essential to your mental and overall wellness. An exercise mat is required for class.

CHILDBIRTH CLASSES

HypnoBirthing

6-9 p.m., Wednesdays, May 4 to Jun 1 ($125/four weeks) No Class May 25th
HypnoBirthing is a childbirth method that focuses on preparing parents for gentle birth. In HypnoBirthing classes, you will learn proven techniques in a well-thought-out program of deep relaxation, visualization, and self-hypnosis. All of these are designed to help you achieve a more comfortable birth. HypnoBirthing encourages a calm, peaceful, and natural pregnancy, birth, and bonding experience for families.

PSYCHOTHERAPY

At the Enrichment Center all programs are aimed at enhancing and enriching people's lives and relationships. We offer individual, couple, and family therapy with experienced, caring, and holistically oriented professionals.

Rita R. Melissano, Ph.D., LMFT is a clinical psychologist from Italy, Dr. Melissano became a marriage and family therapist in the USA and is licensed in both the states of Iowa and Illinois. Dr. Melissano has more than 25 years of clinical experience and is passionate about her work.

Registration and pre-payment are required for all classes.
For more information, call (563) 742-5800
or check out our Web site at www.trinityqc.com/enrichment
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