

Psychotherapy | Counselling | Acupuncture | Massage Therapy | Assessments | Reflexology | Pilates | Yoga | Meditation | Qigong | T'ai Chi

## NEW AND UPDATED DROP-IN CLASSES

New and Updated Drop-In Classes with Bobbie, Lara, and Carmen!

### **Morning Mat Pilates | Intermediate with Bobbie**

*Wednesday, 9:30 - 10:30 am*

We're opening some drop-in spaces in Bobbie's Wednesday morning classes! This combo class builds your core strength with mat pilates and flexibility with yin yoga stretches. The small class size allows for personal instruction and true connection with the material presented.

### **Yin Yoga | Mid-Week Stretch with Bobbie**

*Wednesday, 9:30 - 10:30 am*

We're opening some drop-in spaces in Bobbie's Wednesday morning classes! Yin Yoga stretches your hips and spine. We closely honour the slow-paced Japanese style of yoga that works the joints, connective tissue, and ligaments not typically activated in other styles. A style noted for its immediate impact and relief for both women and men.

### **Yin/Yang Yoga with Lara**

*\*This class is 90 minutes long\**

*Wednesday, 6:30 - 8:00 pm*

These two forms of Taoist yoga from Japan are combined to improve both your strength and flexibility. Yang component — first 1/2hr of the class. Build strength and balance through connected dynamic movements. Done standing and repeated for sharpness of movement. Yin component — final 1hr of class. Stretch the fascial tissue through gentle but effective poses. Done in a relaxed state on the mat, helps to lengthen muscles and release tension.

*\*You are welcome to attend the full 90 minutes, or to come for the 1hr yin component beginning at 7:00 pm.*

### **Meditation Yoga with Carmen**

*Wednesday, 8:00 - 9:00 pm*

Start the class with a relaxing and restorative full body stretch. After this, settle down for a guided meditation utilizing props to ensure maximum comfort. Meditation formats include body scan, metta (kindness) meditation, japa (mantra) meditation, etc. Mindfulness will be incorporated throughout the entire class. No experience is required, beginners are welcome. Bring a sweater to stay warm!

### **Qigong | A Moving Meditation with Bobbie**

*Thursday, 9:30 - 10:30*

We're opening some drop-in spaces in Bobbie's popular Qigong class. Learn and practice the flowing moves of Qigong. Develop awareness of your body's natural energy, cultivate qi, and improve your overall health and well-being.

*See our website for our full class schedule, or call the front desk if you have any questions!*

## WELCOME TO THE TEAM!

We are very pleased to welcome Dr. Roxana Sterniczuk to Varsity Natural Health Center. Dr. Sterniczuk is a registered Clinical Psychologist and Neuropsychologist in Alberta. She holds Masters and Doctoral degrees in Psychology from the University of Calgary (specialising in Behavioural Neuroscience), and has a further Doctoral degree in Clinical Psychology from Dalhousie University. Dr. Sterniczuk further expanded her clinical research training through a Post-Doctoral fellowship in Psychology, Psychiatry, and Geriatric Medicine.

She brings 13 years of clinical and research expertise in the fields of sleep, aging, dementia, and brain health. Her clinical focus involves the provision of therapy for psychologically-based sleep disturbance in adults, as well as assessment of cognitive function as it pertains to expected age-related changes.

Dr. Sterniczuk will be offering Comprehensive Neuropsychological Evaluations, Baseline Cognitive Assessments, and Cognitive Behavioural Therapy for Insomnia ('sleep therapy') at VNHC.



*Raise your words, not your voice. It is rain that grows flowers, not thunder. – Rumi –*



## MENTAL HEALTH FIRST AID

Educate yourself in mental health and wellness! We're offering more Mental Health First Aid Workshops with Sue Fortune in June and September. Sue is a certified Mental Health First Aid Trainer and will be offering a 2-day course at Varsity Natural Health Center.

Just like physical first aid is provided until medical treatment can be obtained, Mental Health First Aid is given until appropriate support is found or the crisis has been resolved. Mental Health First Aid will teach you the skills you need to provide that early support and equip you with the knowledge to recognize and respond to someone developing a mental health problem or experiencing a mental health crisis.

The program does not teach people how to be therapists. It does teach people how to:

- ◆ Recognize the signs and symptoms of mental health problems.
- ◆ Provide initial help.
- ◆ Guide a person towards appropriate professional help.

MHFA shares the same overall purpose as traditional first aid – to save lives. It aims to:

- ◆ Preserve life where a person may be a danger to themselves or others.
- ◆ Provide help to prevent the mental health problem from developing into a more serious state.
- ◆ Promote the recovery of good mental health.
- ◆ Provide comfort to a person experiencing a mental health problem.

Topics covered include: mood, anxiety, and substance abuse disorders; psychosis and psychotic events; panic attacks; overdoses; suicidal behavior; and reactions to traumatic events.

**June 9 & 10 from 9:00am - 4:00pm | September 22 & 29 from 9:00am - 4:00pm**  
(Please note: there are lots of lunch options in the area, but no food is allowed in the studio)

**\$175 + GST**

**Must pre-register at least 10 days in advance, as the course needs a minimum of 8 participants to run, with a maximum of 15.**

Call the front desk at 403-202-8658 to register or for more information. The Mental Health Commission of Canada also has course details at:  
<http://www.mentalhealthfirstaid.ca/en>

## UPCOMING 6 WEEK REGISTERED CLASSES

**White Crane Qigong with Bobbie**

**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 class 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 or visit our website for info on our therapies, classes, as well as more articles and staff Q&A's!

