



WEEKLY MIND/BODY CLASSES

PRAIRIE CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30–9:15 a.m. Tai Chi				8:30–9:15 a.m. Tai Chi
11:45 a.m.–12:30 p.m. Yoga	Noon–12:30 p.m. Tai Chi	11:45 a.m.–12:30 p.m. Yoga	Noon–12:30 p.m. Tai Chi	
	*12:35 - 1:00 p.m. Singing Bowls Relaxation/ Meditation		*12:35 - 1:00 p.m. Singing Bowls Relaxation/ Meditation	
	5:15–6 p.m. Yoga		5:15–6 p.m. Yoga	

CLASS DESCRIPTIONS:

Yoga – Yoga postures will enhance muscle strength and flexibility and help you maintain energy and mental clarity for any challenge. Yoga will awaken your senses and help you feel centered and energized.

Tai Chi – Move your body gently with a centered, mindful focus. This continuous gentle series of flowing movement is a calming, relaxing, effective way to let go of stress. The Tai Chi movements, woven together, create a mindful, peaceful, renewed state of being. Great for improving balance.

Singing Bowls Relaxation/Meditation – The sound and vibration waves produced by these metal Tibetan bowls have a positive impact on the energy vibrations in the brain and the body, resulting in reduced stress, tension and anxiety. No charge for this class.

FEES:

Six punches - \$30; 12 punches - \$50

*These classes are complimentary/no fee

All classes are free for cancer patients and caregivers during active treatment.

For more information, call **605-322-3241** or visit Avera.org/IntegrativeMedicine

