# WEEKLY MIND/BODY CLASSES

## PRAIRIE CENTER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>8:30–9:15 a.m. Tai Chi</td>
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<td>11:45 a.m.–12:30 p.m. Yoga</td>
<td>Noon–12:30 p.m. Tai Chi</td>
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<td>*12:35 - 1 p.m. Singing Bowls Relaxation/Meditation</td>
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## 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.

## REGULATIONS TO KEEP YOU SAFE:

**Limited number of participants in each class.**
- Yoga and Singing Bowls – max 7 participants
- Tai Chi – max 10 participants

**Participants will be:**
- Screened at front doors of Prairie Center
- Required to wear a mask to and during class
- Asked to maintain social distancing
- Asked to disinfect equipment before and after each use

## REGISTRATION:

Register one week in advance by calling 605-322-8470. If there’s a waiting list, participants may be asked to register for a maximum of 2 classes/week.

**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.

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**Avera Medical Group Integtrative Medicine**

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

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