



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRESS MANAGEMENT & RELAXATION

MARCH 2012

Stress Management & Relaxation

Stress is the body's reaction to change that requires a physical, mental or emotional adjustment or response. Since we all live in an ever-changing world; stress is a part of our lives. A good foundation for managing stress is regular exercise and good nutrition but there are also additional ways to help you relax and cope with life's daily frustrations. At the Y, we want to support your Spirit, Mind and Body.

Chair Massage

Benefits of integrating massage into an exercise routine can include:

- Expelling dangerous toxins from the body contributing to weight loss.
- Improved range of motion and strength, prevention of injury to muscles and tendons.
- Aiding in the increase of blood circulation and in turn increasing the metabolic rate.
- Increased oxygen in muscles allowing muscles to endure longer periods of exercise.
- Increasing energy and endurance, and much more!

MONDAYS - Therapist - Vicky					20 Minute Session - \$22.00	
Time	9:00a	9:30a	10:00a	10:30a	11:00a	11:30a
Program Code	MASSAGE M1	MASSAGE M2	MASSAGE M3	MASSAGE M4	MASSAGE M5	MASSAGE M6
TUESDAYS - Therapist - Vicky					20 Minute Session - \$22.00	
Time	9:00a	9:30a	10:00a	10:30a	11:00a	11:30a
Program Code	MASSAGE T1	MASSAGE T2	MASSAGE T3	MASSAGE T4	MASSAGE T5	MASSAGE T6
THURSDAYS - Therapist - Vicky					20 Minute Session - \$22.00	
Time	5:00p	5:30p	6:00p	6:30p	7:00p	7:30p
Program Code	MASSAGE TH1	MASSAGE TH2	MASSAGE TH3	MASSAGE TH4	MASSAGE TH5	MASSAGE TH6
SATURDAYS - Therapist - Lara					20 Minute Session - \$22.00	
Time	9:00a	9:30a	10:00a	10:30a	11:00a	11:30a
Program Code	MASSAGE S1	MASSAGE S2	MASSAGE S3	MASSAGE S4	MASSAGE S5	MASSAGE S6

All massages take place in our Café area unless otherwise noted. Registration is available at Member Services. Please bring your receipt it will be required prior to the session beginning.

Yoga

- Unwind Yoga - is an exercise class with specific focus on stress reduction and relaxation. Gentle yoga movements and deep breathing help you release the stress of your day and support healthier sleeping patterns.
- Relax & Renew Yoga - Experience breath work and gentle poses that stretches the body and eases the mind.

No Registration Required

Class	Day	Time	Fee
Unwind Yoga	Thursday	8:00-9:00pm	Included in Membership
Relax & Renew Yoga	Fridays	6:30-7:30pm	Included in Membership