

MAY 2025

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1	2	3	4
				9am - Friday Flow (James)	9:15am - Flow & Yin Yoga (Erica)	
5	6	7	8	9	10	11
	6pm - Gentle Yoga (Amy)	6:00pm - Guided Meditation - Letting Go of the Past (Crystal)	6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James) 6pm - Restorative Yoga & Meditation (Leann)	9:15am - Hatha Vinyasa w/ Weights (Erica)	Mother's Day
12	13	14	15	16	17	18
5:15pm - Barre (Tara)	11:30am - Chair Yoga (Erica) 6pm - Gentle Yoga (Amy)		6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James)	9:15am - Yoga for Bone Health (Erica)	
19	20	21	22	23	24	25
5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)		6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James)	9:15am - Restorative Flow (Erica)	
26	27	28	29	30	31	1
	6pm - Gentle Yoga (Amy)	5:30pm - Pelvic Floor Health for Everyone Workshop (Tara & Erica)	6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James)		

PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT [OMBODYMASSAGEANDWELLNESS.COM](https://ombodysmassageandwellness.com), ON THE SCHEDULICITY APP OR CALL 724.320.9386.

MAY WORKSHOPS AND EVENTS

Please pre-register for all events and workshops to secure your spot. You can register on our website at ombodysmassageandwellness.com or call 724.320.9386. Not sure if a workshop or event is for you? We are happy to get you connected with the workshop / event host to answer any questions for you!

GUIDED MEDITATION - Wednesday, May 7th at 6:00pm

Join Crystal for a guided meditation with special theme for the current season. This month's theme - Letting Go of the Past. Please pre-register. Fee: \$15 cash at the door.

RESTORATIVE YOGA AND MEDITATION - Friday, May 9th at 6:00pm

Join Leann for an end-of-week yoga practice to restore and refresh body and mind. Open to all levels of practitioner. This class uses props to support the body in postures designed to fully release tension and instill ease in the nervous system and mind. Please pre-register. Fee: \$15 cash at door.

HATHA VINYASA W/ WEIGHTS - Saturday, May 10th at 9:15am

This class is for experienced yogis seeking a bit of creativity in their practice! Combine the intelligent sequencing of Hatha Yoga with the flowing movements of Vinyasa ... and add light weights (optional) for a bit o' challenge. This class is a mix of holding classical postures to build strength and flowing through postures to enhance mobility and balance. Note: This class has an OPTION to use 1 - 5-pound weights intermittently through class. Less is more -- you'll be amazed at how 1-pound weights affect a yoga posture! To maximize safety & minimize joint issues, no more than 5-pound weights will be used in class. Class Fee: \$20. Limited to 8 registered participants.

CHAIR YOGA FOR EVERYONE - Tuesday, May 13th at 11:30am

Join us for this fun, accessible practice for all levels of practitioner. You'll practice a 45-minute chair yoga class appropriate for all experience levels of yoga (or no experience at all!). You'll mobilize all the major joints in the body, gently tone and stretch the muscles and finish with a guided relaxation to center your mind. Class fee: \$15 at door (\$12 for yogis 65+)

Class location: St. Peter's Lutheran Church, 121 Walnut Hill Road, Uniontown, PA.

YOGA FOR BONE HEALTH - Saturday, May 17th at 9:15am

As we age, bone loss can become a serious threat – especially for postmenopausal women and men after age 70. And while exercise in general is a smart strategy for combating it, specific yoga poses can be particularly effective. That's because, unlike running, biking or even weight training, a yoga pose involves holding sustained pressure on the skeletal system. Loren Fishman, M.D., medical director of Manhattan Physical Medicine and Rehabilitation has identified a series of yoga poses that significantly improve bone density in the spine and thigh bone and increase it in the hips; these three sites are among the most commonly fractured parts of the body. In this class, we explore these postures within an intelligently sequenced yoga practice, and include breathwork and relaxation to close. Chair & Mat options available. Class Fee: \$20. Limited to 10 registered participants.

PELVIC FLOOR HEALTH FOR EVERYONE WORKSHOP - Wednesday, May 28th at 5:30pm

*Join Tara and Erica to learn how to prevent pelvic floor imbalance and/or mitigate the effects of pelvic floor issues. **Each month we delve into a new topic** around pelvic floor health from the Yoga philosophy and modern physical therapy perspectives. Workshop will be a combination of discussion and gentle physical practice, which can be done on a yoga mat or in a chair. Benefits include: decreased pelvic pain / incontinence, hip/low back pain; increased neuromuscular control, mindfulness, stability and ease. No experience necessary, and all ages and genders can benefit! Fee: \$40 Early Registration (7+ days prior) \$5 off.*