

Center For Mind & Body Health

T'ai Chi Chih – Joy through Movement

1101 South Edgar St.
York, PA
\$85/8-week session
Registration is required
(717) 851-5590

Mat Pilates

WellSpan Human Resource Center
1135 South Edgar St.
York, PA

Mat Pilates yields numerous benefits, including increased lung capacity and circulation through deep, healthy breathing, strength and flexibility, particularly of the abdomen and back muscles, and coordination-both muscular and mental. Posture, balance, and core strength are all increased.

For information or to register for the classes,

Please call the WellSpan Center for Mind/Body Health at (717) 851-5590
CMBH@wellspan.org

WellSpan offers a variety of classes to help individuals increase physical activity levels. Visit the Health and Wellness Calendar available online at www.wellspan.org or call 851-3500

Community Health Improvement

offers classes and has step-counters, strength bands, and in-home walking videos available for purchase.
(717) 851-3222

Beginner's Hatha Yoga

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1135 South Edgar St.
York, PA

Yoga uses postures, breath, and proper rest to promote sense of stability and flexibility, both physically and mentally. Yoga classes also may include chanting, meditation, affirmations and more. Postures, called asanas, are different body positions that are held from a few seconds to a few minutes. Yoga postures stretch, extend, and flex the spine. They exercise muscles and joints, keeping the body strong and supple and releasing stiffness and tension. As postures incorporate breath and body movements, they stimulate circulation, digestion, nervous and endocrine systems, restoring health and energy.

Yoga teaches proper breathing, with the use of breathing techniques known as pranayama. Proper relaxation is given the same importance as food, air, and rest, for they are all sources of energy for the mind and body. Yoga not only stretches and squeezes the body's physical structures, but changes the way the energy flows, as well.

Holistic Evaluations

Ed Rogers, M.D., medical director and an internal medicine specialist with training in mind/body medicine, provides in-depth assessments to develop strategies to improve medical, nutritional, family, social, stress and spiritual aspects of a person's life. Dr. Rogers is a Diplomat, American Board of Holistic Medicine. Most insurance plans will cover Dr. Rogers' services. Please call (717) 851-5590 or [email CMBH@wellspan.org](mailto:CMBH@wellspan.org) for an appointment

Miss Lindsays Massage

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