**T’ai Chi Chih® Carolyn Hales Perkins**
This class is suitable for beginners as well as former students who wish to keep up their practice of T’ai Chi Chih. Practiced as a moving meditation, gentle warm-ups and flowing movements assist in promoting circulation and balance of the body’s vital energy (Chi) as well as allowing participants to experience a sense of relaxation, heightened energy and overall well being.

**Session Times/Dates:**
- **Open Level**
  - **Mondays: 2:00pm – 3:00pm**
    - Session 1: Jan 11, 18, 25, Feb 1, 8, 22
    - Session 2: Mar 1, 8, 15, 22, Apr 5, 12
    - Session 3: Apr 19, 26, May 3, 10, 17*
- **Intermediate Level** **requires instructor’s approval**
  - **Thursdays: 1:30pm - 2:30pm**
    - Session 1: Jan 14, 21, 28, Feb 4, 11, 25
    - Session 2: Mar 4, 11, 18, 25, Apr 8, 15
    - Session 3: Apr 22, 29, May 6, 13, 20*

**Cost:** $135 for each 6 week session/*$113 for 5wk session

**T’ai Chi for Better Balance** Carolyn Hales Perkins
This class offers participants a specially designed program of simple movements in order to decrease the risk of falls by strengthening and improving balance. Adapted from Qigong and T’ai Chi forms, walking and chair exercises are incorporated so that participants may be able to utilize selected postures at home in addition to class. **Must have MD consent.**

**Session Times/Dates:**
- **Open Level**
  - **Mondays: 3:00pm – 4:00pm**
    - Session 1: Jan 11, 18, 25, Feb 1, 8, 22
    - Session 2: Mar 1, 8, 15, 22, Apr 5, 12
    - Session 3: Apr 19, 26, May 3,10, 17*
  - **Fridays: 11:15am – 12:15pm**
    - Session 1: Jan 15, 22, 29, Feb 5, 12, 26
    - Session 2: Mar 5, 12, 19, 26, Apr 9, 16
    - Session 3: Apr 23, 30, May 7, 14, 21*
  - **Fridays: 12:15pm – 1:15pm**
    - Session 1: Jan 15, 22, 29, Feb 5, 12, 26
    - Session 2: Mar 5, 12, 19, 26, Apr 9, 16
    - Session 3: Apr 23, 30, May 7, 14, 21*

**Cost:** $135 for each 6 week session/*$113 for 5wk session

For more information or to register, please contact the Integrative Care Center at 212.224.7900
Pilates Mat Sarah Faller
Pilates mat exercises improve overall strength and flexibility. Emphasizing proper alignment, these exercises will help you to move with greater ease and feel rejuvenated. Enjoy the other activities in your life with increased energy, vitality and comfort. This class is not recommended for persons with recent musculoskeletal injuries. You must be able to get onto and off the floor comfortably to participate in the class.

Session Times/Dates:
Open Level (gently paced)  
**Mondays 11:00am – 12:00pm**
Session 1: Jan 11, 18, 25, Feb 1, 8, 22
Session 2: Mar 1, 8, 15, 22, Apr 5, 12
Session 3: Apr 19, 26, May 3, 10, 17, 24

**Wednesdays: 11:00am - 12:00pm**
Session 1: Jan 13, 20, 27, Feb 3, 10, 24
Session 2: Mar 3, 10, 17, 24, Apr 7, 14
Session 3: Apr 21, 28, May 5, 12, 19, 26

Intermediate Level**  
**requires instructor approval**
**Mondays: 12:00pm – 1:00pm**
Session 1: Jan 11, 18, 25, Feb 1, 8, 22
Session 2: Mar 1, 8, 15, 22, Apr 5, 12
Session 3: Apr 19, 26, May 3, 10, 17, 24

Cost: $135 for each 6 week session

Pilates for Healthy Back  Steven Fetherhuff & Aija Paegle
This small group class (4) takes place in our Pilates Studio and utilizes the highly specialized Pilates equipment. The use of spring resistance helps support the spine while simultaneously strengthening the core. This class is appropriate for those suffering from chronic back pain/soreness and not for those with recent musculoskeletal injuries. **Must have MD consent.**

Session Times/Dates:
Open Level  
**Tuesdays: 5:30pm – 6:30pm**
Session 1: Jan 12, 19, 26, Feb 2, 9, 23
Session 2: Mar 2, 9, 16, 23, Apr 6, 13
Session 3: Apr 20, 27, May 4, 11, 18, 25

**Thursdays 5:30 pm – 6:30 pm**
Session 1: Jan 14, 21, 28, Feb 4, 11, 25
Session 2: Mar 4, 11, 18, 25, Apr 8, 15
Session 3: Apr 22, 29, May 6, 13, 20, 27

Intermediate Level  
**Requires instructor approval**
**Fridays: 3:30pm – 4:30pm**
Session 1: Jan 15, 22, 29, Feb 5, 12, 26
Session 2: Mar 5, 12, 19, 26, Apr 9, 16
Session 3: Apr 23, 30, May 7, 14, 21, 28

Cost: $275 for each 6 week session

For more information or to register, please contact the Integrative Care Center at 212.224.7900
Pilates for Better Bones Sarah Faller & Steven Fetherhuff
Pilates for Better Bones is a specifically designed workshop series for women with Osteopenia/Osteoporosis. Focus will be on bone building exercises within the Pilates repertoire, which also improves core strength, balance and flexibility. This course utilizes the highly specialized Pilates spring apparatus and has a maximum of 4 participants guaranteeing personal attention for all by instructor. A course manual will be provided containing pertinent information such as an overview of condition, contraindicated movements and home exercise program. **Must have MD consent & physical therapy evaluation.

Session Times/Dates:
Open Level
- Tuesdays: 2:30pm – 3:30pm
  - Session 1: Jan 12, 19, 26, Feb 2
  - Session 2: Feb 23, Mar 2, 9, 16
  - Session 3: Apr 13, 20, 27, May 4
- Fridays: 10:00am – 11:00am
  - Session 1: Jan 15, 22, 29, Feb 5
  - Session 2: Mar 5, 12, 19, 26
  - Session 3: Apr 23, 30, May 7, 14

Cost: $185 for each 4 week session

OsteoFitness Anna Ribaudo
This six-class series was design specifically for individuals with osteoporosis or Osteopenia (low bone mass). The classes follow the Hospital for Special Surgery/Rehabilitation Department’s 5-Point Program, focusing on posture, flexibility, strengthening, weight bearing and balance. Participants are encouraged to wear comfortable clothes. **Must have MD consent & a Physical Therapy evaluation.

Session Times/Dates:
Open Level
- Wednesdays: 3:00pm – 4:00pm
  - Session 1: Jan 13, 20, 27, Feb 3, 10, 24
  - Session 2: Mar 3, 10, 17, 24, Apr 7, 14
  - Session 3: Apr 21, 28, May 5, 12, 19, 26
- Thursdays: 3:00pm – 4:00pm
  - Session 1: No Thursday Class this session
  - Session 2: Mar 4, 11, 18, 25, Apr 8, 15
  - Session 3: Apr 22, 29, May 6, 13, 20,27

Cost: $135 for each 6 week sessions

For more information or to register, please contact the Integrative Care Center at 212.224.7900
Therapeutic Yoga Eve Delacharte
Therapeutic Yoga utilizes a combination of restorative postures, gentle yoga and breath work to enhance wellness. Participants will learn to use breath to explore posture, alignment and mental state. You will additionally work to strengthen your “core muscles”. You will leave with an enhanced sense of balance in both the body and the mind.

Session Times/Dates:

Open Level

**Tuesdays: 5:00pm – 6:00pm**
Session 1: Jan 12, 19, 26 Feb 2, 9, 23
Session 2: Mar 2, 9, 16, 23, Apr 6, 13
Session 3: Apr 20, 27, May 4, 11, 18, 25

**Wednesdays: 6:30pm – 7:30pm**
Session 1: Jan 13, 20, 27, Feb 3, 10, 24
Session 2: Mar 3, 10, 17, 24, Apr 7, 14
Session 3: Apr 21, 28, May 5, 12, 19, 26

**Fridays: 1:30pm – 2:30pm**
Session 1: Jan 15, 22, 29, Feb 5, 12, 26
Session 2: Mar 5, 12, 19, 26, Apr 9, 16
Session 3: Apr 23, 30, May 7, 14, 21, 28

Intermediate Level**

** requires instructor approval

**Tuesdays: 6:15pm – 7:15pm**
Session 1: Jan 12, 19, 26, Feb 2, 9, 23
Session 2: Mar 2, 9, 16, 23, Apr 6, 13
Session 3: Apr 20, 27, May 4, 11, 18, 25

**Wednesdays: 5:15pm – 6:15pm**
Session 1: Jan 13, 20, 27, Feb 3, 10, 24
Session 2: Mar 3, 10, 17, 24, Apr 7, 14
Session 3: Apr 21, 28, May 5, 12, 19, 26

Cost: $135 for each 6wk session

Upcoming Lectures

*February 10th Posturing for Wellness
*March 25th Working Out Before, During and After Baby
*May 19th Medical Management of Osteoporosis

*Please call for more detailed information regarding our Lecture Series.

For more information or to register, please contact the Integrative Care Center at 212.224.7900