



UPCOMING SPRING CLASSES & WORKSHOPS

For class descriptions, schedules and to register, please visit EmersonWellness.org, or call 978-287-3777.

CLASSES

(ONLINE unless otherwise indicated)

6-week sessions • \$99

CLASSES START WEEK OF MAY 12

Wednesday Classes:

- 10:30–11:30 am Qigong All Levels with Dr. Wu
- 10:30–11:30 am Qigong All Levels with Dr. Wu (IN STUDIO)
- 11:30 am–12:30 pm Tai Chi Beginner with Dr. Wu
- 11:30 am–12:30 pm Tai Chi Beginner with Dr. Wu (IN STUDIO)
- 4:15–5:15 pm Qigong/Tai Chi Combination

CLASSES START WEEK OF MAY 13

Thursday Classes:

- 5:30–6:30 pm Tai Chi All Levels/Long Form with Dr. Wu (IN STUDIO)

CLASSES START WEEK OF MAY 14

Friday Classes:

- 10:00–11:15 am Gentle Yoga

CLASSES START WEEK OF MAY 17

Monday Classes:

- 10:30–11:30 am Pilates for Parkinson's

CLASSES START WEEK OF MAY 19

Wednesday Classes:

- 1:30–2:30 pm Strength, Balance & Flexibility for Seniors

CLASSES START WEEK OF MAY 20

Thursday Classes:

- 9:15–10:15 am Pilates for Strong Bones & Muscles
- 10:30–11:30 am Parkinson's Movement: Dance for PD®
- 4:30–5:30 pm Dance Fitness

CLASSES START WEEK OF MAY 25

Tuesday Classes:

- 10:30–11:30 am Essentrics Restore, Release & Rebalance
- 12:00–1:00 pm Essentrics Stretch & Tone

CLASSES START WEEK OF JUNE 2

Wednesday Classes:

- 10:00–11:15 am Yoga for Building Bones
- 5:30–6:45 pm Yoga & Meditation

CLASSES START WEEK OF JUNE 5

Saturday Classes:

- 10:00–11:15 am Yoga for Building Bones

WORKSHOPS (Online unless otherwise indicated)

- **15 Back-Friendly Yoga Poses & Stretches for Managing Back Pain & Preventing a Compressed Spinal Column**
Saturday, May 15, 1:00–2:30 pm • \$37
- **Aston® Kinetics Walking for Total Fitness**
Sundays, May 16, 1:00–2:30 pm (ONLINE) & May 23, 1:00–2:00 pm (OUTDOORS) • \$49
- **Osteofitness™ Introductory Lecture**
Wednesday, May 26, 1:30–2:30 pm • Free
- **Yoga to Free the Neck & Shoulder Girdle**
Saturday, May 29, 1:00–2:30 pm • \$37
- **Reiki Level I Training**
Saturday, June 12, 9:00 am–3:00 pm • \$145
- **Reiki Level II Training**
Sunday, June 13, 9:00 am–3:00 pm • \$160
- **Reiki Level I & Reiki Level II Training Package**
Saturday & Sunday, June 12 & 13, 9:00 am–3:00 pm • \$285