

Wellness & Yoga

Special Dates

Spring Break March 19-23

Good Friday April 6

Easter Monday April 9

Highlights

Corporate Wellness

Our staff team can design a fitness or health program for your office.

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Program Ideas

Do you have a wellness program idea? To submit ideas or for more information on programs please contact:

Rob Wilson

Yoga and Wellness Classes
rwilson@westshorerecreation.ca

Kristy Webster

Health Classes
kwebster@westshorerecreation.ca



To Register Online call reception **250-478-8384** to receive your family Barcode and PIN # See details on page 72.

WELLNESS

Group Energy Healing

Qigong, Chakra Clearing and Quantum-touch are easy, simple, yet powerful energy healing methods. Everyone has the ability to heal ourselves and others through amplifying life-force energy by combining various breathing and awareness exercises. You will feel the life-force energy and experience your physical and emotional pains melt away in this introductory program.

INSTRUCTOR: Miho Lindley

JDF UPPER CLUBHOUSE

M 7:45-8:45pm Jan 16-Feb 13 \$40/5 71685

Meditation

Through guided practice and discussion, this class provides a solid introduction to an accessible body-oriented approach to meditation. We are given tools to engage the challenges of our lives with open-hearted bravery, and encouraged to explore the practice with confidence and curiosity.

INSTRUCTOR: Neil Mckinlay

JDF UPPER CLUBHOUSE

M 7:00-9:00pm Feb 13-Feb 27 \$54/3 71681

Tai Chi Yang Style 24 Movements

Learn how to relax and cultivate a peaceful mind through the slow and gentle movements of the Yang style Tai Chi. Also enjoy the great health benefits of improved circulation, balance, coordination, and posture; increased strength and flexibility.

INSTRUCTOR: Valerie Chu

JDF GALLEON ROOM

M 7:30-8:30pm Jan 16-Feb 27 \$70/7 71682

M 7:30-8:30pm Mar 05-Apr 23 \$70/7 71683

Taoist Tai Chi

Taoist Tai Chi is a centuries old Chinese art which promotes flexibility, balance, stamina, strength, relaxation, and better health. This is an introduction to the Taoist Tai Chi set of movements and is suitable for all abilities.

INSTRUCTOR: TBA

JDF UPPER CLUBHOUSE

Tu 7:30-8:30pm Feb 21-Apr 24 \$70/10 71684

HEALTH

Corporate/Workplace Wellness

Let us help you improve the health, attendance, productivity, morale & well-being of your staff! We offer on and off site programs, fitness challenges, seminars and memberships to optimize your office health. Join the wellness revolution today by contacting Kristy Webster at 250-474-8617 to discuss and develop the right option for your business.

Healthy Eating Made Easy

Are you tired of counting protein grams, carbohydrates servings, and calorie after calorie? Are you sick of trying to figure out complicated math formulas just to eat a meal? Not really sure what a protein gram, carbohydrate, or a calorie really even are? You're not alone. Good food does not need to be complicated. Let us show you how to take the stress out of your choices.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Tu 7:00-9:00pm Jan 24 \$24/1 71549

Weight Management Made Simple

Exercise and Healthy eating go hand in hand to make for successful Weight Management. Being the best 'Healthy You' you can be does not need to be complicated. No fancy names, no complicated math formulas, no interpreter needed.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su 2:30-4:30pm Feb 19 \$24/1 71550

Eat Clean, Go Green

It's a way of life that keeps you lean, healthy and full of energy! Clean eating is to eat as Mother Nature intended us to eat: wholesome and natural, consisting of fruits, vegetables, whole grains, lean proteins and complex carbohydrates.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su 2:30-4:30pm Apr 01 \$24/1 71553

Eating Right for Celiac, IBS & Gluten Free Diets

Celiac disease? Gluten sensitivity? Wheat allergic? What is the difference? Why the gluten-free diet? This class provides the details from diagnosis to diet that will empower you with information, ideas and optimism! The first session will be at West Shore Recreation; the second session will take place at the Market on Millstream.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su 2:30-4:30pm Mar 04 -Mar 11 \$36/2 71552

Supplementation

There are a lot of supplements on the market. From vitamins and minerals, herbal remedies, to proteins and meal replacements. Do you know which ones, if any, are right for you? Join us for an information session to help you wade through the ocean of supplements that are out there so you can make an informed decision.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Tu 7:00-9:00pm Jan 31 \$24/1 71551



Back Health Series

80% of the population will experience back pain at some point in their lives. Next to the cold, back pain is the most common reason for doctor's visits. This series will teach you how to protect your back & promote its health.

INSTRUCTOR: Kaitlyn Waring

JDF BOARDROOM

Posture

Tu 12:30-1:30pm Feb 07 \$15/1 71508

Injury Prevention

Tu 12:30-1:30pm Feb 14 \$15/1 71509

Strengthen

Tu 12:30-1:30pm Feb 21 \$15/1 72438

Stretch

Tu 12:30-1:30pm Feb 28 \$15/1 71511

Chronic Conditions & Exercise

Join our Exercise Rehabilitation Specialist for a session on how conditions affect you and your fitness program. Learn the secret to managing your condition through exercise as well as what exercises are safe for you.

INSTRUCTOR: Kaitlyn Waring

JDF BOARDROOM

Hypertension

Tu 12:30-1:30pm Mar 06 \$15/1 71514

Diabetes

Tu 12:30-1:30pm Mar 13 \$15/1 72930

Arthritis

Tu 12:30-1:30pm Mar 27 \$15/1 71517

Osteoporosis

Tu 12:30-1:30pm Apr 3 \$15/1 71516

Foam Roller Massage Workshop

A massage a day keeps the pain away. Improve flexibility, function, performance and reduce injuries with a simple foam roller. Through Self-Myofascial Release, or 'Self-Massage', reduce muscle tension & tenderness, promote circulation, healing and recovery.

INSTRUCTOR: Kaitlyn Waring

JDF SPINNAKER ROOM

Tu 12:30-1:30pm Jan 24-Jan 31 \$16/2 71518

Be Alive With MS

This seminar will discuss the personal battles & triumphs of Robert Fraser in dealing with the many aspects of being an MS patient, it's application in the mindset of MS patients and overcoming societal judgements. The importance of exercise and nutrition and types of exercises for different severities of MS will be covered as well as developing a safe but effective schedule for continued good health.

INSTRUCTOR: Robert Fraser

JDF SPINNAKER ROOM

Tu 7:00-9:00pm Mar 06 \$5/1 73061

Homeopathy

Homeopathy is a safe, inexpensive and effective alternative to choosing pain killing drugs. Homeopathic remedies work by stimulating your body's natural ability to heal itself. Learn how to support your body's natural healing through the use of homeopathic medicine. Used for wellness, prevention and treatment of many diseases and conditions.

INSTRUCTOR: Alanda Carver

JDF SPINNAKER ROOM

Basic Homeopathy

Th 1:00-3:00pm Feb 02-Feb 09 \$40/2 71529

For a Healthier Immune System

Th 1:00-3:00pm Feb 16-Feb 23 \$40/2 71530

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. It is based on "life force energy" and is a simple, natural, safe method of spiritual healing and self-improvement for everyone.

INSTRUCTOR: Alanda Carver

JDF SPINNAKER ROOM

Th 1:00-3:00pm Apr 05-Apr 19 \$60/3 71528

WELLNESS PROGRAMS

Island Heart to Heart

Island Heart to Heart is a 7 week education and support program for cardiac patients, their partners and people at risk for heart disease who would benefit from risk management and lifestyle education. For more information or to register, contact Claire 778-678-8423 or islandheart2heart@shaw.ca

INSTRUCTOR: Claire Madill, RN, BScN

JDF UPPER CLUBHOUSE

M 7:00-9:00pm Mar 12-Apr 30 FREE 72151

Moving On After Brain Injury

A community based wellness seminar for individuals and families dealing with rehabilitation of brain injury. We will discuss goal setting and action planning, personal strengths, adaptation skills to overcome barriers, self-management strategies for a healthy lifestyle and community resources available to you.

INSTRUCTORS: Emily Becker, RT &

Kathleen

Atagi, RT (VIHA)

JDF FIELDHOUSE

W 1:00-3:00pm Feb 29 \$5/1 71555

Couples Massage

Come and learn some basic massage techniques to help your partner relieve some of their aches and pains caused by daily stress and the physical demands of our busy schedules. **(Must register in pairs).**

INSTRUCTOR: Jenna Kurylo

JDF UPPER CLUBHOUSE

F 6:30-8:00pm Jan 27-Feb 03 \$36/2 72484

Westshore Karate

13 Years and Up

Learn self-defence, develop self-discipline, have fun and increase your fitness. No experience necessary. Shukokai Karate (Way for All) was designed around the study of body mechanics. Father and daughter, Rob and Sarah Walker, are N.C.C.P. certified instructors and active members of Karate BC. For information contact Rob or Sarah at 250-889-3343 or e-mail westshorekarate@gmail.com.

INSTRUCTOR: Rob and Sarah Walker

JDF FIELDHOUSE

M 6:30-8:00pm Jan 09-Apr 16 \$180/15 71525

Find your Yoga!

JUST THE RIGHT FIT

Easy

Nothing fancy, no difficult exercises, just plain easy yoga. A weekly time-out to energize your body and calm your mind.

Gentle

A gentle approach with for those seeking a restorative class to release tension and stress. Gain body awareness and a sense of relaxation.

OR

SOMETHING SPECIFIC

50 Plus

A beginners class to help relieve common health concerns. Bring growth rather than deterioration into the aging process with Yoga's preventive qualities.

Prenatal

Relax, rejuvenate and relieve the discomforts of pregnancy and nurture you and your growing baby. Strengthen and open the body to meet the changes of pregnancy with calm and learn techniques to assist with labour.

OR

SOMETHING MORE

Iyengar

Yoga is a journey to health and deeper meaning in our lives. Postures promote freedom of movement, strength, stability and alignment.

Hatha

Linking movement and breath, gentle and more vigorous sequences encourage flexibility, strength, balance, and body awareness. Manage stress and support wellness.

OR

YOGA

Gentle Yoga

This is a nurturing class to release tension and stress. Restorative yoga poses use the breath to create a free flow of energy in the body. Gain body awareness and a sense of deep relaxation, allowing the body to heal. This class is suitable for those seeking a gentle approach.

INSTRUCTOR: Patricia O'Brien

JDF UPPER CLUBHOUSE

W 5:45-7:10pm Jan 11-Feb 29 \$80/8 71662

W 5:45-7:10pm Mar 07-Apr 25 \$80/8 71663

Tu 9:30-11:00am Jan 10-Feb 28 \$80/8 71664

Tu 9:30-11:00am Mar 06-Apr 24 \$80/8 71665

Easy Yoga

Easy Yoga is a weekly time-out that will energize your body and calm your mind. Nothing fancy, no difficult exercises, just plain easy yoga that anyone can do and benefit from. You will also be provided with take-home knowledge about yoga that you can apply on your own.

INSTRUCTOR: Patricia O'Brien

JDF UPPER CLUBHOUSE

F 9:15-10:15am Jan 13-Mar 02 \$80/8 71658

F 9:15-10:15am Mar 09-Apr 20 \$60/6 71659

YOGA & PILATES PROGRAMS

Yoga - Hatha

Linking movement and breath, gentle and more vigorous sequences encourage flexibility, strength, balance, and body awareness. Learn tools that can be applied on and off the yoga mat to manage stress and support wellness, including breathing practices and meditation. Suitable for all levels of experience.

JDF UPPER CLUBHOUSE

INSTRUCTOR: Patricia O'Brien

Th 9:30-11:00am Jan 12-Mar 01 \$80/8 71668

Th 9:30-11:00am Mar 08-Apr 19 \$70/7 71669

INSTRUCTOR: Laura Butler

W 7:15-8:30pm Jan 11-Feb 29 \$80/8 71670

W 7:15-8:30pm Mar 07-Apr 25 \$80/8 71671

INSTRUCTOR: Tanya Roberts/Christina King

Th 7:15-8:30pm Jan 12-Mar 01 \$80/8 71672

Th 7:15-8:30pm Mar 08-Apr 19 \$70/7 71673

Yoga - Iyengar

Yoga is a journey to health and deeper meaning in our lives. Postures promote freedom of movement, strength, stability and alignment. These classes are for on-going Iyengar Yoga students and beginners without major health issues. Taught by certified Iyengar instructors.

JDF UPPER CLUBHOUSE

INSTRUCTOR: Linda Benn

M 9:00-10:30am Jan 09-Feb 27 \$80/8 71674

M 9:00-10:30am Mar 05-Apr 23 \$70/7 71675

INSTRUCTOR: Patty Rivard

Tu 5:30-7:00pm Jan 10-Feb 28 \$80/8 71676

Tu 5:30-7:00pm Mar 06-Apr 24 \$80/8 71677

Yoga - 50 Plus

Improve your quality of life, slow down and reverse aging with Yoga's preventive qualities. Restore vitality; expand the mind and spirit, and bring growth rather than deterioration into the aging process. This class caters to the needs of beginners and helps relieve common health concerns. You are never too old to do Iyengar Yoga.

INSTRUCTOR: Linda Benn

JDF UPPER CLUBHOUSE

M 10:30-12:00pm Jan 09-Feb 27 \$80/8 71666

M 10:30-12:00pm Mar 05-Apr 23 \$70/7 71667

Yoga - Prenatal

Yoga is a wonderful way to nurture you and your growing baby. Gentle movements strengthen and open the body to meet the changes of pregnancy with calm. Postures include variations for all stages of pregnancy. Relax, rejuvenate and relieve the discomforts of pregnancy. Learn techniques to assist with labour, delivery and focus. Babies benefit too!

INSTRUCTOR: Christine King

JDF UPPER CLUBHOUSE

Th 5:30-7:00pm Jan 12-Mar 01 \$80/8 71679

Th 5:30-7:00pm Mar 08-Apr 19 \$70/7 71680

Laughter Yoga

Laughter Yoga is a revolutionary idea - simple and profound. An exercise routine, it is sweeping the world and is a complete wellbeing workout. Laughter Yoga combines unconditional laughter with yogic breathing. Anyone can laugh for no reason, without relying on humour jokes or comedy. Laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real, contagious laughter with the physiological and psychological benefits.

INSTRUCTOR: Miho Lindley

JDF UPPER CLUBHOUSE

M 6:30-7:30pm Jan 09-Feb 06 \$40/5 71678

Yogilates

Level 1

This class is a fusion blend of yoga, pilates and fitness conditioning that challenges strength, balance and flexibility. Participation in this class will increase stamina, focus the mind and rejuvenate the spirit. Indulge in a fun, fresh approach to these time-honoured techniques. An extra strength building component is included through the use of the magic circle, flex bands, mini-stability balls and dumbbells. All fitness levels are welcome.

INSTRUCTOR: Laura Phelps

SENIORS MULTIPURPOSE ROOM 101

Th 5:30-6:45pm Jan 12-Mar 01 \$80/8 71654

Th 5:30-6:45pm Mar 08-Apr 26 \$80/8 71655

Yogilates

Level 2

Similar but more challenging than Level 1 (see write up above). This class is adaptable to all levels and participants will be reminded of modifications.

INSTRUCTOR: Laura Phelps

FEEL GOOD YOGA STUDIO

M 5:40-6:55pm Jan 09-Feb 20 \$70/7 71656

M 5:40-6:55pm Feb 27-Apr 09 \$70/7 71657

Strength and Tone Pilates

Level 1

Strengthen, tone and rejuvenate while you enjoy this fun, fabulous Pilates class! Enjoy an upbeat, holiday-like atmosphere with catchy music and exercises that will make you feel muscles in your body you never even knew you had! Work at your own pace and become strong from the inside out. Creative choreography and an inclusive, welcoming atmosphere are hallmarks of this class. An extra strength building component is included through the use of the magic circle, flex bands, mini-stability balls and dumbbells.

INSTRUCTOR: Laura Phelps

SENIORS MULTIPURPOSE ROOM 101

Th 7:00-8:00pm Jan 12-Mar 01 \$80/8 71642

Th 7:00-8:00pm Mar 08-Apr 26 \$80/8 71643

Strength and Tone Pilates

Level 1.5

Though more challenging than Yogilates Level 1, this class is adaptable to all levels and participants will be reminded of modifications provided in Yogilates Level 1.

INSTRUCTOR: Laura Phelps

FEEL GOOD YOGA STUDIO

Tu 9:30-10:30am Jan 10-Feb 21 \$70/7 71647

Tu 9:30-10:30am Feb 28-Apr 10 \$70/7 71648

