



EXPAND WELLNESS

< WELLNESS CLINIC (GROUP SESSIONS)

WHAT IS KARINA'S WELLNESS CLINIC?

A clinic (as defined by the Merriam Webster dictionary) is "a group meeting devoted to the analysis and solution of concrete problems or to the acquiring of specific skills or knowledge"

Fulfillment and joy are two of the most important building blocks in establishing a well lived life. However, in our fast paced world, both of these virtues are becoming increasingly hard to attain, let alone sustain over the course of a lifetime. But by quieting the mind, connecting to our breath, and strengthening the mind-body connection, we can reach a place of grounding, clarity and harmony within both ourselves and the world around us.

Expand Wellness is an integrative well-being enterprise that aims to bring balance and serenity to the workplace by empowering employees with proven techniques to minimize stress and increase work-life satisfaction. Our mission is to shape wellness into every life by bringing the principles of yoga and meditation to the office space. Our 'wellness clinics' blend a variety of work-friendly activities such as chair yoga, imagery meditation, movement/stretching, and coaching. Everyone works more efficiently (and charismatically) when they feel more in-shape and mentally sound. It's really amazing what 10 minutes of daily office wellness can do for your team!

Karina's wellness clinic emphasizes injury prevention, steady mindedness, focus and interpersonal discipline strategies. We strive to bring you healthy habit building strategies that are simple, transformative and sustainable.

ACTIVITIES DESCRIPTION:

Vinyasa Yoga Class:

Vinyasa practice is about attaining self-love and self-discipline through physical stimulation and pranayama breath work. Each class focuses on a specific part of the body, breaking up stagnant energy and bringing balance back within. This class emphasizes stretching and injury prevention techniques before diving into the more challenging and rejuvenating poses.

Yin Class:

Yin yoga is a slower paced practice that builds joint strength through ligament-focused exercises. Yin is often performed in cooler environments (such as A/C rooms) where participants can get deeper into their poses over longer periods of time. This has been shown to release tension in the connective tissues and even some of the deep-layer fascia. This yoga style also incorporates blocks, bolsters, blankets and of course comfy mats. Poses are held for anywhere from 1-15 minutes depending on the goal of the movement and can be a fun way to include everyone from any fitness level. Yin is about allowing things to unfold as they do by finding meaning through accepting things as they are. The fundamental building block for every great culture.

Chair Yoga:

Most popular

Chair yoga offers a series of poses that can be done from the comfort of any style office chair! Activities include twists, folds, breathwork, savasana and imagery led meditations. Leaving employees feeling stretched out and mentally rejuvenated.

Yoga Sculpt Class:

Yoga Sculpt is a combination of strength training, cardio, and Vinyasa yoga flow. Each class incorporates hand weights and high intensity cardio bursts with fun music and traditional yoga poses, to get our hearts pumping and blood flowing. In this practice while we focus on toning the body, we challenge ourselves to come to "The edge of the mat" and explore the power within ourselves through breath-work and intentions. Walk away feeling alive, empowered, and stronger than ever before.

Prenatal Yoga Class:

This class focuses on yoga friendly poses, breath-work and meditation techniques for both prenatal and postnatal students! Learn how to strengthen the body and mind for the most sacred time in your life, with yoga flows, stretches, Pilate techniques, and visualizations. You will feel grounded, calmer, stronger and truly connected to your body and mind.

Restorative Yoga Class:

Come to a place of emotional balance and inner peace. This rejuvenating, restful and healing class will start with physically restorative poses and conclude with guided Kabbalistic imagery.

The first 2/3 of the class will be focused on several restorative yoga poses that promote the mind-body connection by maneuvering your body into naturally supportive positions that (in combination with pranayama techniques), enable your mind and body to come to a place of physical wellness. The last 1/3 of the class will be emphasizing several imagery exercises that will empower you to find, confront and release emotional blockages and come to a place of inner peace.

Imagery Meditation Session:

Imagery is an ancient and sacred Kabbalistic practice that leverages the theory that one can heal the mind and/or body through a special subset of guided meditation practices. As of now, there is only one school in the United States that offers the learnings of this technique and is very difficult to find outside of the country of Israel. Imagery meditation incorporates mind-body wellness strategies that enables self-healing through conscious-driven imagery techniques. These methods can help anyone going through any situation in life (including everything from relationships to careers and even general wellbeing).

Stretching/Movement Class:

The issues are in the tissues! Skip the challenging poses, and focus on your muscles, joints, and body tissue. The Mayo Clinic recommends stretching at least 3 times per week in order to optimize and maintain flexibility. Stretching also leads to overall stress relief through the relaxation of tense and tight muscles. In this class we will focus on breath, slow dynamic movement and stretching.

Expand Wellness Coaching:

Group coaching focuses on (accountably) creating intentions, setting goals and expanding your thought structure to a place outside of your own convictions. This course leverages engaging tools and exercises to help stimulate the mind and re-shift your perceptions.

Yoga Philosophy Seminar:

Yoga is not a daily or even a weekly practice. It's a way of being! Learn the foundational principles governing yoga, where it originated from, the chakra system, the doshas, Pranyama (How to breathe) and so much more! Discover skills like calming the nervous system, various breathing exercises and meditation best practices.

Yoga Anatomy:

This class highlights the most anatomically correct way to perform the yoga poses of your choice. Select a salutation or pose that you struggle with and learn best practices for each exercise. This will include everything from breaking down poses to breath work and why.