



301-952-1111 | 973-498-6955 (fax) | www.pilatespluscenter.com



Continuing Education Events

Spring 2012

Workshop Description	Date	Cost
<p>Acupressure: A Tool For Health Maintenance</p> <p>We invite you to work with one of our highly experienced acupuncturist's Dan Nguyen. His workshop will teach the participants:</p> <ul style="list-style-type: none"> • How to perform a self check up by tongue to both diagnosis health and then to choose appropriate food for your body and current health • How to use acupressure points for specific illnesses and health concerns. Students will practice during the workshop and be given guidelines for maintaining health • Use simple physical exercise to strengthen all organ systems • Learn the benefits of acupuncture and herbs for maintaining health and managing disease 	<p>April 21 Saturday 2-5 p.m.</p>	<p>\$35.00</p>
<p>Detoxifying and Rejuvenating Spring Aromatherapy Workshop</p> <p>Need a little boost? How about indulging in a refreshing all natural aromatic Spring scrub? Join our Registered Aromatherapist, Lorraine, as she shares her special spring scrub recipe using Dead Sea salt. She will show you, step by step, how to make your own customized salt scrub using 5 essential oils that have the ability to refresh, rejuvenate, detoxify and energize the mind, body and soul. Cost is: \$40.00 (includes your products)</p>	<p>April 28th Saturday 4-6 p.m.</p>	<p>\$40.00</p>
<p>Rainy Day Tai Chi</p> <p>Tai Chi promotes good blood pressure, increased flexibility and decreased stress--it is considered a moving meditation. In this workshop, you will learn Yan style tai chi which is known for its large sweeping slow motions and vast popularity. This Rainy Day program begins with qigong exercises to warm and relax the body. You will learn basic motions from the tai chi form. This program is unique in that the forms are done in multiple iterations and can be performed in restricted spaces, perfect for your home or office practice. You will learn to slow down and connect with the energy that surrounds you ALL THE TIME. By the time you are finished you will perform the short Yang tai chi form and leave feeling relaxed and energized.</p>	<p>May 5 Saturday 4-6 p.m.</p>	<p>\$35.00</p>





<p>Restorative Yoga</p> <p>This is an opportunity for anyone who wants to rest, renew, and restore. Restorative yoga poses are particularly helpful for anyone dealing with chronic stress or health issues. Much of the restorative yoga taught today should be credited to B.K.S. Iyengar, of Pune, India who was genius at making any pose perfect for anyone by using props and adjustments. By supporting the body with props, we alternatively stimulate and relax the body to move toward balance. Some restorative poses have an overall benefit, while others target an individual part, such as the lungs or heart. In this workshop, we will hold poses for longer than usual as you will be supported with bolsters, blankets and other props. Join us to learn which restorative poses might be best for your daily practice and allow us to give you an evening of total relaxation.</p>	<p>May 20, 2012</p> <p>Sunday</p> <p>6-8 p.m.</p>	<p>\$35.00</p>
<p>Nutrition Myth Busting Q&A</p> <p>Every week it seems there is a new study, book, or diet out that guarantees it is the answer to health and weight loss. Consumers are confused, and rightfully so. What the heck are we supposed to eat?! Nutritionist and Registered Dietician Nicole Holovach may have the answer for you. Come listen to her discuss the most popular questions regarding nutrition and weight loss. For example:</p> <ul style="list-style-type: none"> · Is the Paleo/vegan/raw/low-carb/low-fat diet the best way to eat? · Does fat make you fat? · Are meat/eggs/sugar/gluten/dairy bad for you? <p>The first half of the workshop will be presentation style and the second half will be an open forum to ask to all of your burning nutrition questions. You can just listen or fire away! Cost: \$35.00</p>	<p>June 2, 2012</p> <p>Saturday</p> <p>NEW TIME</p> <p>4-6 p.m.</p>	<p>\$35.00</p>
<p>Meditation: It's Worth Your Time</p> <p>Meditation is a wonderful way to "fill up" so you have more energy, vitality and peace to offer your family, your work and yourself! More and more research is showing that people who meditate regularly enjoy more of a sense of well-being, better concentration, pain management, increased empathy & compassion and improved health. Meditation can reduce blood pressure, strengthen the immune system, calm the mind, balance the emotions and positively affect literally every organ system in your body. In this workshop, you will learn simple techniques you can use throughout the day to keep you calm, clear minded and centered so it's less likely you will be making decisions from a "reactive" posture rather than a "responsive" state. We will explore several types of meditation, so you can find the one that "fits" for you.</p>	<p>June 10, 2012</p> <p>Sunday</p> <p>6-8 p.m.</p>	<p>\$35.00</p>





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Workshop Presenters Credentials

John Baylor, Tai Chi Master

John W Baylor Sr. began his martial arts training in 1973 and received his first black belt in 1976. In 1985 he joined the Shaolin Temple Boxing Association to study Yang style tai chi and Shaolin Long Fist with Sifu Michael Barry and John Johnson. John has 36 years experience teaching Tang Soo Do, Self Defense, and Tai Chi. Continuing education has been: Silk Reeling (Chen), Six Healing sounds, Bagua Qigong, Straight Sword, Tai Chi -Kung Fu fan, Liu He Ba Fa. John was inducted into the World Martial Arts Hall of Fame - June 1998 as Master Instructor of the Year. He is the owner and master instructor at Upper Marlboro Martial Arts and Wellness Center for the past 15 years. We are lucky to have his amazing talent on staff!

Nicole Holovach, Registered Dietitian

Nicole Holovach is a Registered Dietitian with a background in communication, obesity prevention, research, and nutrition education. Her passion is inspiring people to make better lifestyle choices. She believes in an individualized approach to health - what works for one person might not work for another. She is a self-described foodie who likes to eat and promotes whole foods, not fake, processed, fat-free free "diet" foods. Nicole also believes food is medicine and can have a powerful effect on your life. She blogs about whole, or holistic, health at www.WholeHealthRD.com.

Dan Nguyen, Acupuncturist

Dan is a National Board Certified Acupuncturist and Herbalist. He has been in practice for over 30 years and considers it an honor to serve. Dan's compassion and desire to help others heal are truly remarkable. Dan believes in our natural abilities to heal and spends time during each session teaching and educating, helping patients to gain control over their health.

Lorraine Rimando, Aromatherapist

Lorraine is a Registered Aromatherapist certified by the East West School of Herbal and Aromatic Studies in Westminster, Maryland. She is also a Reiki Master certified in level III Usui and traditional Japanese Reiki. Lorraine has worked as a Registered Nurse for over 13 years in an array of healthcare fields ranging from acute to chronic care settings. Lorraine became certified in aromatic healing and soon after she became a certified Holistic Aromatherapist through the East West School of Herbal and Aromatic Studies. She earned her diploma at the East West School of Herbal and Aromatic studies, and is also a member of the American Holistic Nurses Association and the National Association of Holistic Aromatherapy. She is currently pursuing a Bachelor in Nursing Science. She continues to combine her experience as a health care practitioner with aromatherapy and Reiki to assist people in reaching their full health potential. She emphasizes customizing aromatic blends to fit a person's individual needs.

Tereaz Scholze, Meditation Leader and Massage Therapist

Tereaz Scholze has been working in the healing arts for over 20 years. She received her massage therapy training at Anne Arundel Community College and has been licensed in Maryland since 2003. She has specialized training in head ache relief, shoulder issues and relief of tension due to emotional issues. Compassion and kindness are at the core of her massage practice and she takes good care of herself so she can take good care of her clients!

Cristal Toribio, Yoga Teacher and Massage Therapist

Cristal Rae graduated from St. Mary's College of Maryland with a Bachelors of Art in Arts with intent to pursue a Master's in Art Therapy. Following graduation she began to explore other modes of health and wellness which led her to train in indoor cycling, **Thai Massage and Yoga**. Cristal Rae completed her **Massage Therapy** certification at the College of Southern Maryland. She has also completed coursework towards her Master's at the Tai Sophia Institute in the Applied Healing Arts.



14400 Old Mill Road, Suite 201 | Upper Marlboro, Maryland 20772



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Workshop Registration Form

<i>Class</i>	<i>Date</i>	<i>Cost</i>
Acupressure: A Tool For Health Maintenance	4/21/12	\$35.00
Detoxifying and Rejuvenating Spring Aromatherapy Workshop	4/28/12	\$40.00
Rainy Day Tai Chi	5/5/12	\$35.00
Restorative Yoga	5/20/12	\$35.00
Nutrition Q&A	6/2/12	\$35.00
Mediation	6/10/12	\$35.00
Total	_____→	

Name: _____ E-mail: _____

Street Address: _____ City, State, Zip: _____

Home # _____ Cell # _____ Work # _____

