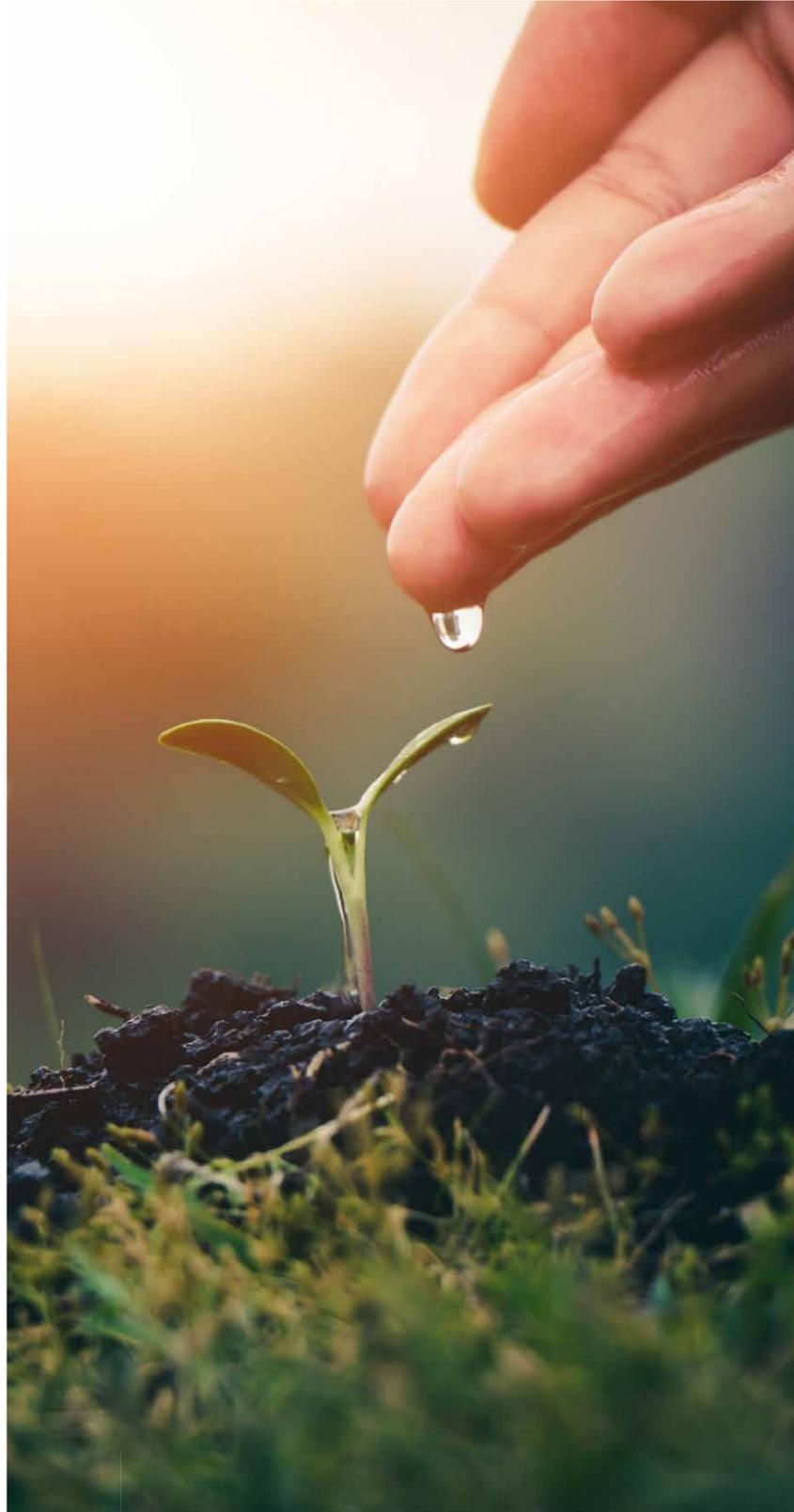


KINEMA FITNESS WELLNESS MENU

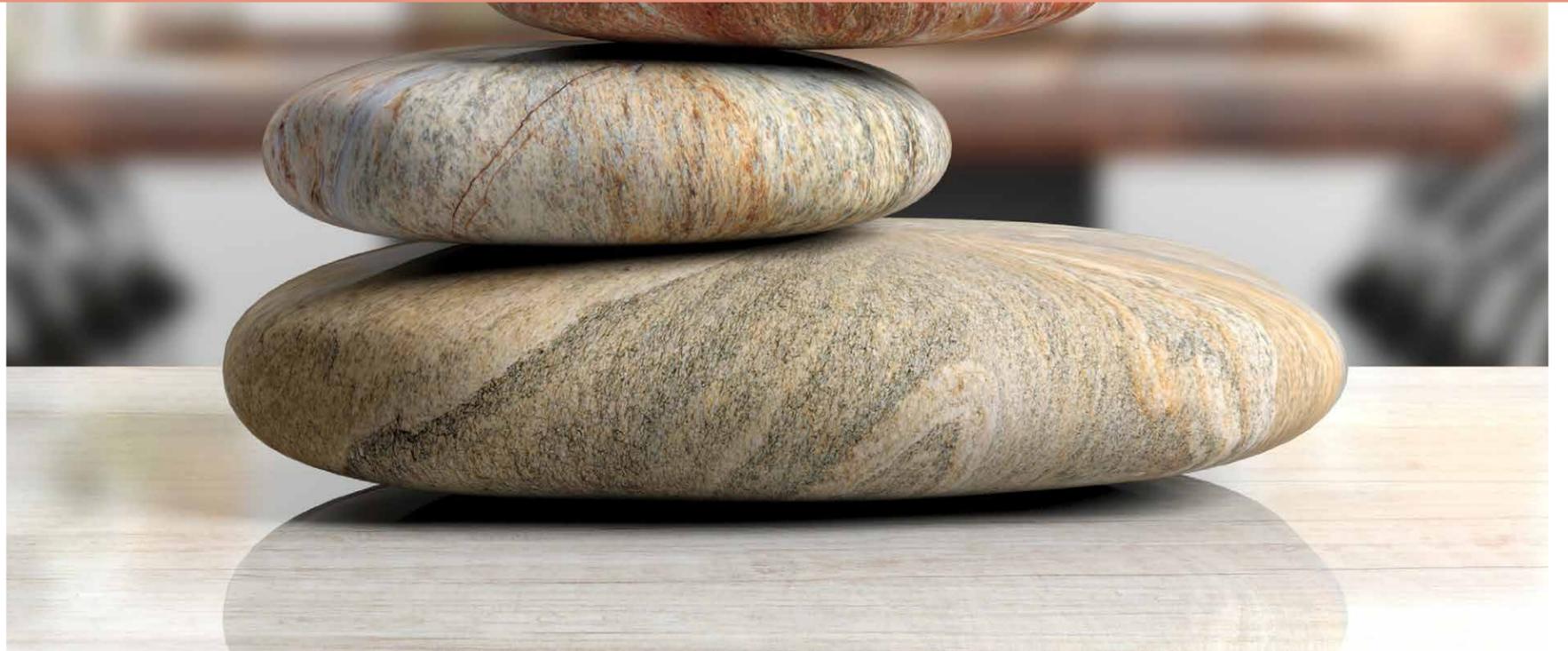
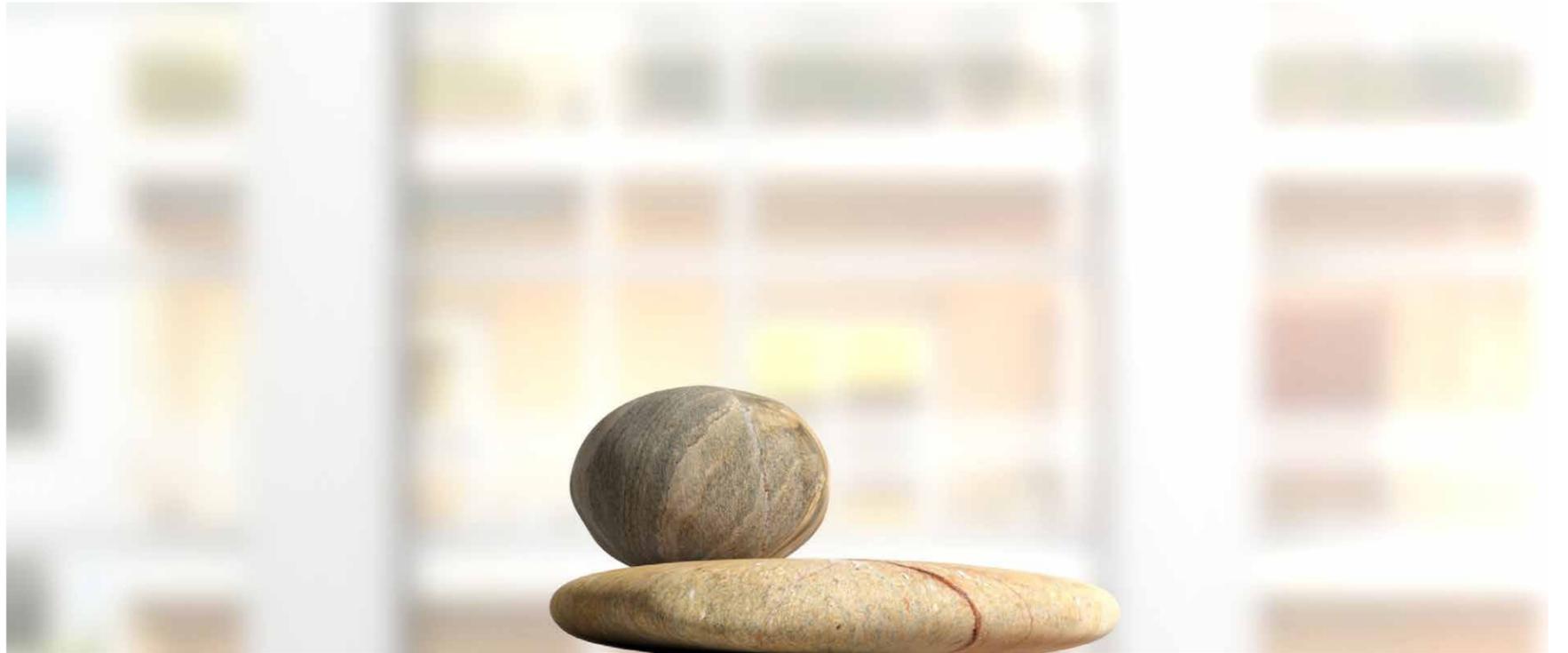




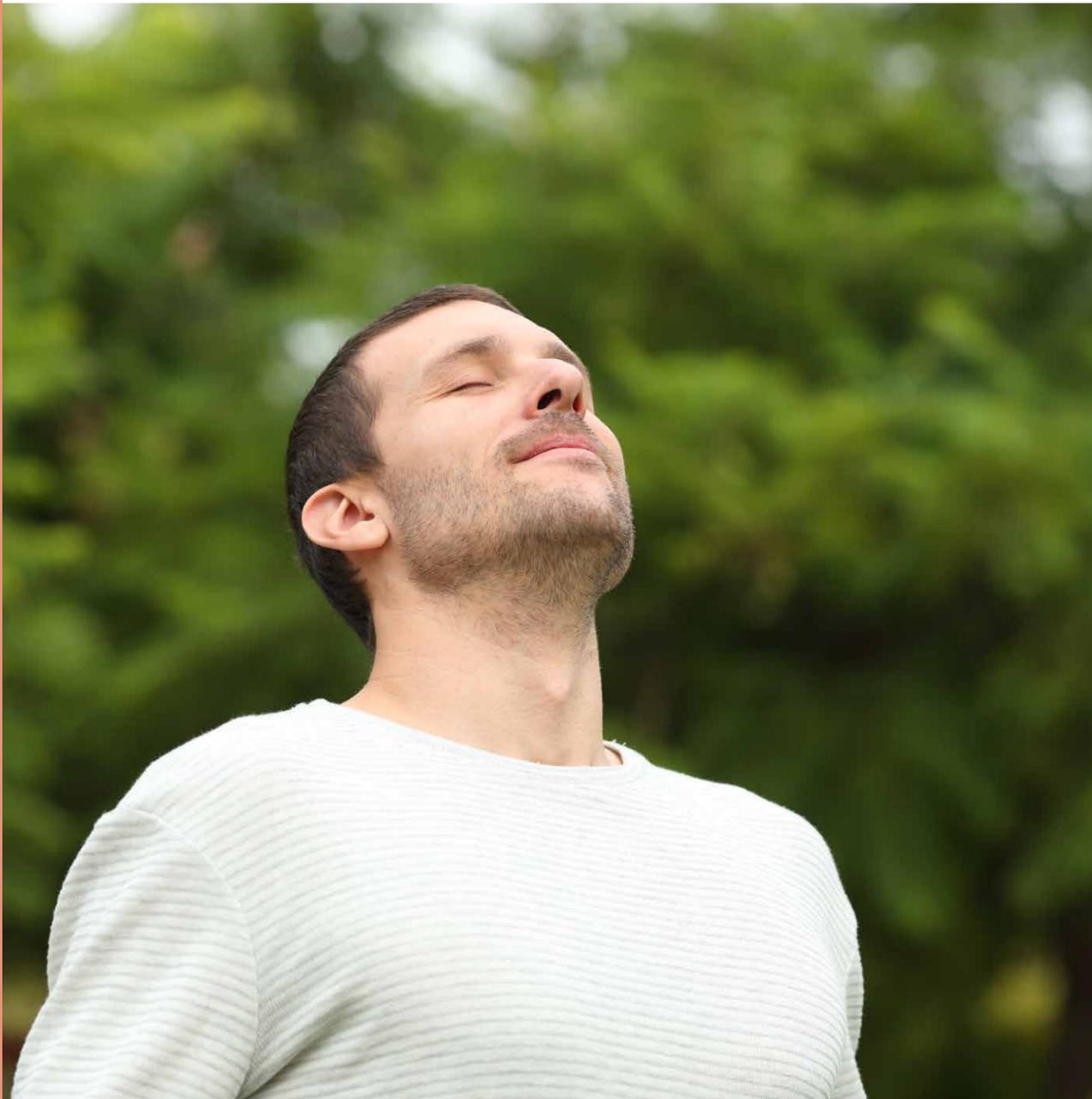
THE KINEMA WELLNESS EXPERIENCE

Kinema Fitness believes in addressing the multiple dimensions that represent complete personal wellness. Complete personal wellness is the integration of Kinema's mindfulness program, workshops and integrated services to enhance individual wellbeing. Our mission is to cultivate ease, balance and connection between body and mind.

MINDFULNESS



MINDFULNESS



MINDFULNESS FOR A NEW YOU 30-60 MINUTES

Everyone needs a fresh start and a unique approach to beginning something new. In this workshop, we will learn how to create YOUR vision, set purposeful goals, and learn to navigate the unexpected with mindfulness. This workshop will enable you to make healthy changes and adapt them to your everyday life.

MINDFULNESS FOR BEGINNERS 30-45 MINUTES

Transform the way you think, speak and act moment to moment into a more reliable and clear way. Through simple tools you already have, you can prepare to be more alert and efficient. Learn to shed unwanted thoughts and create sustainable mindful habits.

MINDFULNESS FOR EVERY DAY 30-45 MINUTES

You don't have to wait until you feel stressed or anxious to implement your tools. Learn how to breathe, speak and think daily to create a practice for yourself to use whenever you need!

MINDFULNESS



MINDFULNESS FOR FAMILY STRESS 30-45 MINUTES

We can recognize when our partner or kids are “stressed” but how can we help them manage and work through it? Learn a few simple techniques to aid in transitioning someone out of a stressful moment.

MINDFULNESS FOR LEADERS 30-45 MINUTES

In this workshop we will learn how to cultivate ease, balance and connection. By managing your stress you will, in turn, reduce employee stress and create a better work environment. Create a deeper focus, clarity and compassion in the workplace simply through your mindful presence.

MINDFULNESS FOR STRESS & ANXIETY 30-45 MINUTES

Stress and anxiety can happen at any point in our day. We will discuss what triggers stress and anxiety. Learn daily self management tools that will help you think, breathe and speak yourself calm.



NUTRITION



NUTRITION



HELPING FAMILIES EAT HEALTHIER* 30 MINUTES

Feeding your family healthy meals, that they will enjoy eating, can be a challenge. Whether you're short on time, are dealing with a "picky eater," managing food allergies or sensitivities, or simply have no idea where to begin, this interactive workshop is for you! Kids are not miniature adults; they have specialized nutrition needs to support their growth and development. In this workshop, you will learn how to create healthy, quick, affordable meals that you and your family will love! You'll get pro-tips on how to convert even the pickiest eater into a healthful eater, which may in fact, be one of the adults at the table.

ANTI-INFLAMMATORY, IMMUNE BOOSTING FOODS* 30 MINUTES

Experience a rainbow of seasonal winter produce. Your immune system requires key nutrients found in plants, but seasonal eating can feel like a challenge. Learn how to keep up with healing fruits and vegetables in the winter season and specific foods that will support immunity and reduce inflammation.

*Workshops led by Registered Dietitian.

NUTRITION



KICK THE SUGAR HABIT* 30 MINUTES

Excess sugar in our diet is linked to everything from poor mood to low energy and just about every chronic illness you can think of. Learn why our bodies naturally crave sugar and how to work smarter, not harder, when it comes to conquering cravings.

TIME FOR CHANGE* 30 MINUTES

Understand how schedule and timing of eating can have a significant impact on how you feel and your overall health. You'll learn easy meal prep tips, to be sure you always have a healthy/hearty breakfast and lunch. You will understand why it's important to stop eating after dinner; the reasons may surprise you!

NUTRITION COACHING 30 MINUTES

Our nutrition coaches are committed to helping you make positive and sustainable changes. They will discuss where you have been, and where you are now, and dig deep to unravel the "why" behind your eating habits and behaviors.

*Workshops led by Registered Dietitian.



HEALTH



HEALTH



ACTIVE RECOVERY 20-30 MINUTES

Join a trainer to use our active recovery tools from Hyperice to relieve muscle soreness, improve range of motion and promote circulation.

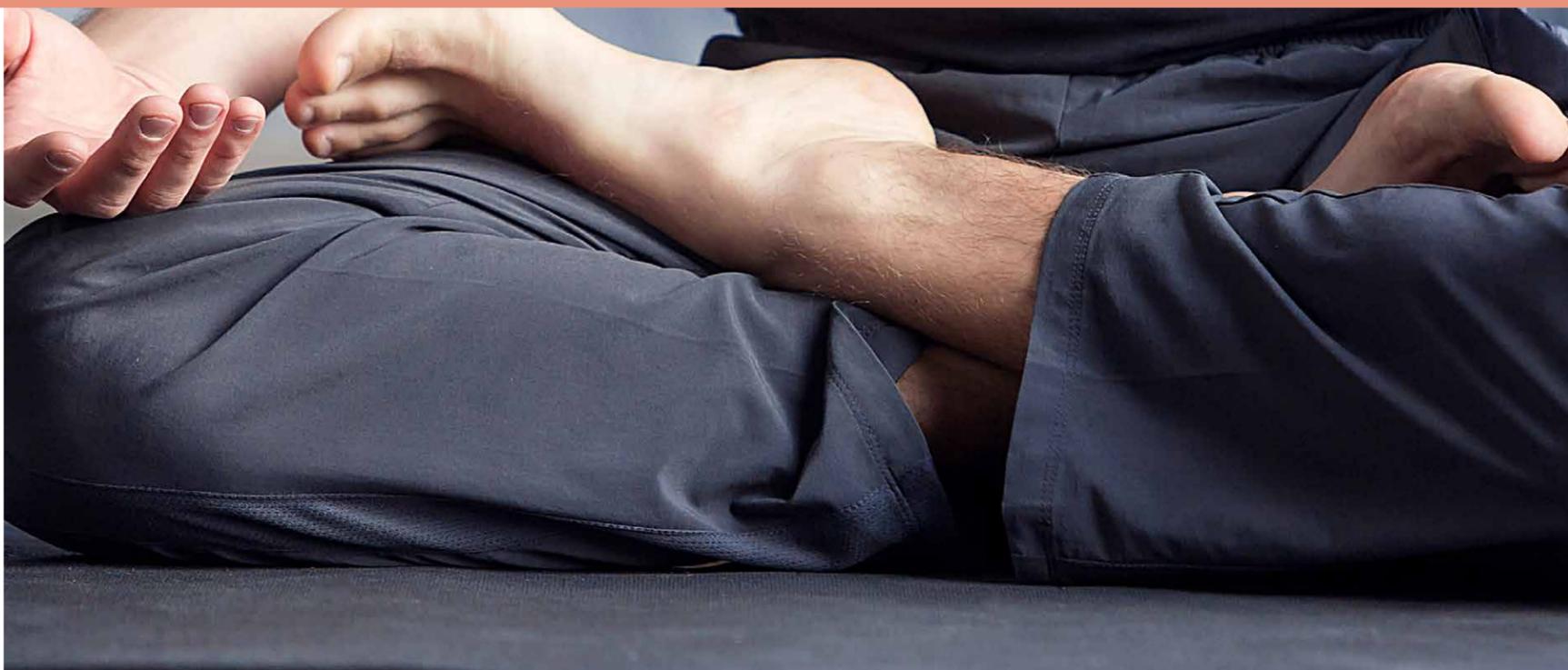
HEALTH COACHING 30 MINUTES

Work with one of our certified health coaches to build long term habits, improve the quality of your life, and change negative behaviors that are holding you back!

MINDFUL STRETCHING 30-40 MINUTES

There are good and bad stresses out there and we NEED stress. It's what makes us productive. However, we must learn the balance between the good and the bad. Move through simple sequences and stretches to connect to your breath and balance your stress. Learn how to stretch with your team or one-on-one to improve flexibility, coordination, balance and postural awareness.

MEDITATION



MEDITATION



INTRODUCTION TO MEDITATION

15-30 MINUTES

Interested in meditation but don't know where to begin? Join one of our meditation teachers to explore what meditation IS and how to apply to your own practice.

AWAKENING AWARENESS MEDITATION

15-30 MINUTES

Move through the 5 senses to explore what it feels like right NOW. A meditation teacher will guide through becoming aware of your external and internal environments to give you the opportunity to refocus and re-energize the mind.

LOVING-KINDNESS MEDITATION

15-30 MINUTES

This meditation, also known as “Metta” in yoga, is designed to send good wishes, warmth and benevolence to yourself, people around you and your community. Learn how to cultivate kindness and share it with those around you.

YOGA



YOGA



ARM BALANCE WORKSHOP 45 MINUTES

Interested in learning how to strengthen your core and upper body? Join one of our yoga teachers to explore inversions and being upside down with this fun, introductory workshop!

CHAIR YOGA 30-45 MINUTES

Explore how to breathe, stretch and balance using only a chair! After this session with one of our certified yoga teachers, you will be able to take with you stretches to do at your desk or at home.

YOGA



PARTNER YOGA WORKSHOP **30-45 MINUTES**

This workshop is a great way to introduce a new friend or partner to the benefits of yoga. One of our certified yoga instructors will lead you through a fun workshop as you explore connection and interpersonal dynamics. We will move through yoga postures to strengthen, increase flexibility and explore alignment!

YOGA PRIVATE **30-45 MINUTES**

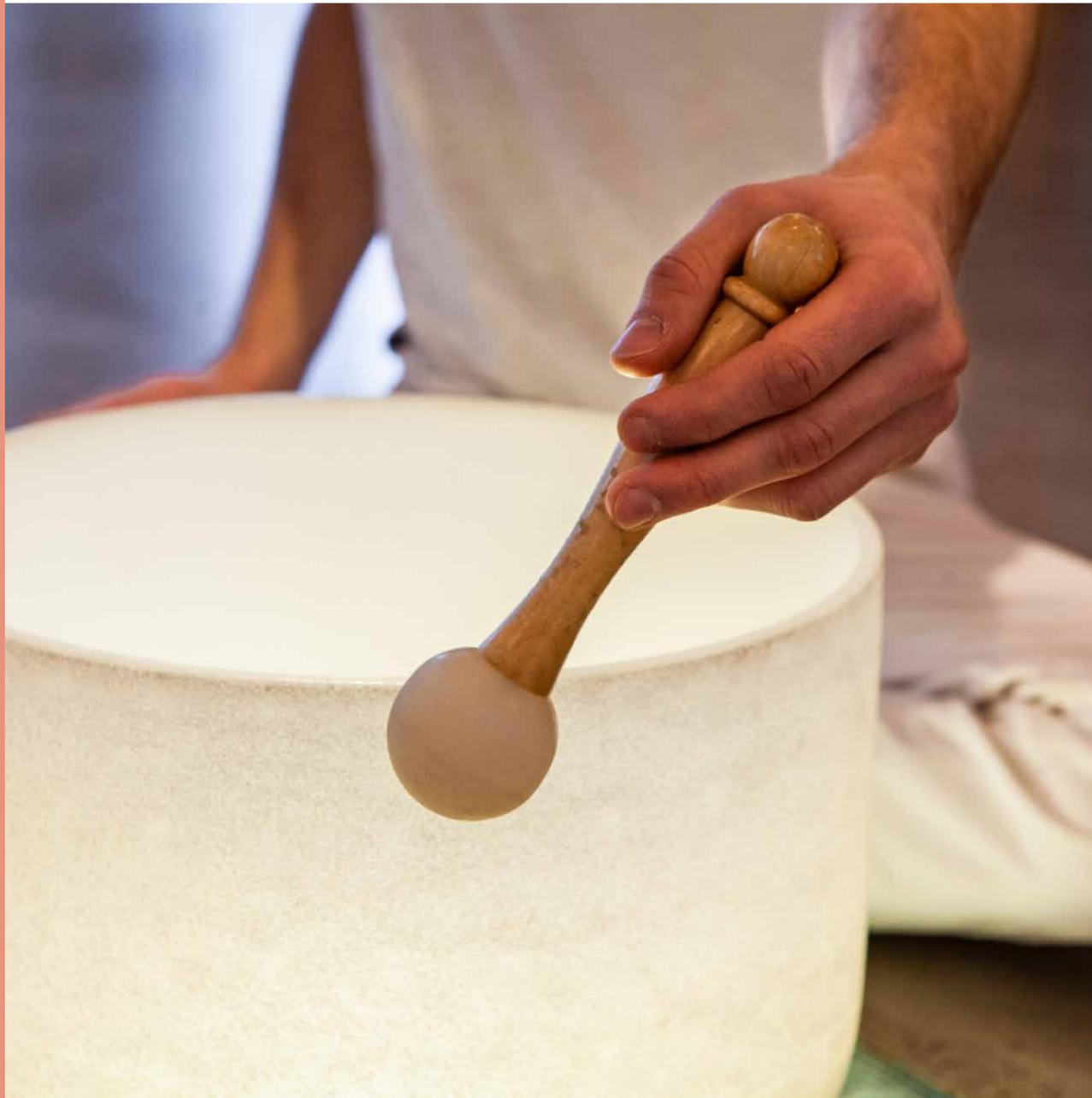
Join one of our certified yoga instructors in a one-on-one or small group session to improve your alignment and deepen your yoga practice, from beginners to seasoned practitioners.



BREATHWORK + ENERGY HEALING



BREATHWORK + ENERGY HEALING



BREATHWORK WORKSHOP 20-30 MINUTES

Learn how to reduce negative behavior patterns and boost your energy with your breath. We will introduce you to a variety of breathing strategies used in yoga and meditation that you can take with you and practice anywhere.

ENERGY HEALING 20-30 MINUTES

Explore ancient healing technique to balance your entire system based on energetic and magnetic fields within the body.

SOUND HEALING 20-30 MINUTES

Join one of our sound healers as they use vibrations from crystal alchemy singing bowls to relax both mind and body and reduce stress.