

# FAMILY NURTURING CENTER

## Spring and Summer 2022 Classes

# Holistic and Wellness Classes



Non-traditional services to help you heal from trauma and live your best life.

### Self Defense with Sensei Sarah

6:00-8:00 PM | Florence office

April 18, May 16 and June 9

(Women 16+)

Self-defense can be a source of growth and empowerment for women. In this class we will learn about how to be prepared and protect ourselves from unexpected confrontation. Whether it is from a stranger or someone you know and trust, any situation that makes you feel uncomfortable can warrant the need to protect yourself. This class will teach you that you are worth protecting!

### Tai Chi with Susan

Tuesdays, 5:00-6:00 PM | Florence office

April, May and June

Tai Chi is a calming and center practice that can allow for redirection of feelings to a healthier place. Each week participants will learn basic Tai Chi Principles, how to safely perform the forms, and how they can be used as a form of stress reduction.

### Healing Drum Circle with Tisa

Saturdays, 10:00-11:30 AM | Florence office

April 2, May 14 and June 11

Many cultures around the world for many centuries have used drums and rattles for healing. Drumming connects us to the Earth, grounds and centers us. It releases old stuck energies and trauma in the body. Drumming in a group provides non-verbal communication, expression and connection. It can diminish social anxiety, decrease stress and improve mood to help relax and let go.

### Running on Empty with Kami

Tuesday, 6:30-8:00 PM | Virtual on Zoom

April 19

Energy drain can manifest in a number of ways including physical fatigue, brain fog, feeling unsettled or feeling disconnected from ourselves and others. In this class participants will discover the path that led them to this place of exhaustion as well as the path out to restoration.

Please register for the free classes at [www.familynurture.org](http://www.familynurture.org).

Class descriptions are also available online.

Questions? Contact Jenny Smith at [jenny.smith@familynurture.org](mailto:jenny.smith@familynurture.org) or 859-525-3200



"Family Nurturing Center is supported in part by funds from Grant Number VOCA-2021-FamilyNur-00027 and Grant Number DG-OAC-2019-FamilyN-00004 awarded through the Kentucky Justice & Public Safety Cabinet (KJPSC) by the U.S. Department of Justice (USDOJ). The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of Family Nurturing Center and do not necessarily reflect the view of the KJPSC or USDOJ"

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### Relax, Meditate, Contemplate with Tisa

**Mondays, 6:30-7:30 PM | Virtual on Zoom**

**April 11, 18, 25 and May 2, 9, 16**

Research has shown meditation and self-soothing skills to be of infinite value in healing from trauma and in bringing peace and happiness in our lives. There will be informative talks about the nervous system, healthy thinking and releasing old patterns and habits.

### Introduction to Enneagram with Tisa

**Wednesday, 6:30-8:00 PM | Virtual on Zoom**

**April 13**

Learn about the 9 Personality Types of the Enneagram. This workshop provides insight in to the types of people in you world. Learn to understand and appreciate your partner, family, friends and co-workers. Learning about different personality types can help you feel more confident in relationships, decrease trauma triggers and empower yourself. A fast-paced interactive class!

### Restored with Kami

**Tuesdays, 6:30-8:00 PM | Virtual on Zoom**

**May 3, 10, 17**

Each individual needs to figure out what is needed for their lives and let the rest go. This can lead to feeling restored in body, mind, and spirit. This course helps participants identify emotional energy drain, find the path of restoration and ignite their journey to thriving in a healthy, positive, and fulfilling lifestyle.

### Express Yoga with Sara

**Thursdays, 7:30-8:00 AM | Virtual on Zoom**

**Every Thursday in April, May and June**

Positive movement of the body brings the opportunity to improve concentration, focus and regulation of the bodies nervous system. Anger management, stress reduction, attention, focus and positive body images are all examples of benefits. Exploring breathing techniques, movements through yoga postures and movements of rest and meditation.