

FAMILY NURTURING CENTER

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

July 14, August 11, September 12

(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

July, August, September

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

Express Yoga with Sara

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

July, August, and September

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.

Mindful Moments Family Yoga with Sara

Thursdays, 6:30-7:15 PM | Florence Office

July 7, 21, 28

For families with children 3 to 10

A yoga class for the family! This class will foster the opportunity to create bonds with each other and tools to de-stress. We will do yoga poses, meditation, play and crafts to help manage emotions and relax.

Storytime Yoga Series

Thursdays, 10:00-10:45 AM | Florence Office

Thursdays in August

For families with children 3 to 6

Listen to a story and focus on movement, meditation and creation. Breathe, listen and move through yoga with games and crafts like yoga binoculars and calming glitter jars.

Register for our free classes at www.familynurture.org.

Class descriptions are also available online.

Questions? Contact Jenny Smith at jenny.smith@familynurture.org or 859-525-3200



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