



## JULY – AUGUST 2017

### ONGOING WEEKLY CLASSES

#### TUESDAY NIGHTS

**Gentle Yoga With Instructor Jenifer Brilla.** Transition from your work day to the evening with gentle flow yoga. The teacher will focus on Prana Yama (breath) while integrating Asana (movement) to bring about relaxation and balance on a spiritual, emotional, and physical level. This class is perfect for beginners. However, all levels are welcome. 4:30-5:30pm. \$15/class or \$120/10 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

**Beginner Tai Chi Principles with John Bucha, V.M.D.** These classes will cover a variety of Tai Chi and meditative practices including introductory practices in Tai Chi, 13 Posture – Old Yang Form, William CC Chen – Short Form, Long Yang Form, Shaolin Kung Fu Boxing by Jianye Jian-ye, and meditations including Marma Points, How to Release Relaxation Response, 5 Element: 6 Healing Sound Chi Kong, and Breathing Chi Kung by Master Jou, Tsun Hwa. 6:30-7:30pm. \$18/class or \$100/8 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

#### WEDNESDAY NIGHTS

**Tai Chi Classes with Wayne Wolfe** – Instructing Master William Chen’s Short Form - Tai chi is often described as “meditation in motion” and there is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and you can get started even if you aren’t in the best of health. Instructor: Wayne Wolfe. 5:30-6:30. \$18/class or \$100/ 8 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

**Healthy Eating and Lifestyle Support Group** - Do you have challenges with unhealthy eating habits, weight gain, digestive health, diabetes, emotional eating or do you simply want to know more about nutrition and how to eat healthier and live a more holistic lifestyle? Join our healthy eating and lifestyle group! Each week we will focus on a different educational topic and discuss the group’s questions and challenges. Led by Holistic Health Care Practitioner and Holistic Nutrition Consultant, Rob Burns. 6:00-7:00pm. \$10/week. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

#### THURSDAY NIGHTS

**Yin Yoga with Tom Gilmore** – Come experience Yin Yoga in Thrive’s new yoga/meditation space! Suitable for almost all levels of students, Yin Yoga generally targets the ligaments, bones and joints of the hips, pelvis, and lower spine. These are parts of the body that normally are not exercised very much in a more active style of asana practice. 6:00-7:00pm. \$15. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

#### SATURDAYS

**Tai Chi Classes with Wayne Wolfe** – Instructing Master William Chen’s Short Form - Tai chi is often described as “meditation in motion” and there is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and you can get started even if you aren’t in the best of health. Instructor: Wayne Wolfe. 10:00-11:00am. \$18/class or \$100/ 8 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

## SINGLE CLASSES JULY

### MONDAYS IN JULY, STARTING JULY 10 (4 Consecutive Mondays)

**Metabolic Reboot Workshop** - Looking to lose weight and keep it off? Call Thrive today to get registered! This one-month program includes four Monday nights of guidance and instruction with Holistic Nutrition Consultant and Holistic Health Care Practitioner, Alyssa Opiary. The goal of the program is to re-program your body to burn fat instead of sugar for energy. This is done through healing and restoration of the digestive system and immune system, and to reduce inflammation in your body. Alyssa will educate you on proper nutrition to achieve these goals, which result in healthy and sustainable weight loss. 6:30-7:30pm. \$40 for 4 weeks ~ Nutritional supplements to enhance program are an optional and separate expense. 647 Wyoming Ave., Kingston, 570-283-0111

### THURSDAY, JULY 13

**PEMF Open House** - Try Pulsed Electromagnetic Therapy as Seen on Dr. Oz! PEMF is a non-invasive and gentle therapy to improve oxygen to the cells, increase protein synthesis and decrease inflammation. Get relief from neuropathy, back and joint pain, fibromyalgia, arthritis and more. All Day. Registration required. 9:00am-8:00pm. \$15 at time of booking appointment. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### SUNDAY, JULY 16

**Holistic Nutrition Certification – Level 2: Principles of Nutrition** - If you missed level 1, don't worry, these classes are individual modules and you can start at any level! This course covers macronutrients, enzymes, antioxidants, phytochemicals, proteins and amino acids. Classes can be taken on an individual basis. CEU's for Nurses. The student will learn about food additives and sugar and how to choose healthy foods. It covers the dietary guidelines and supplementation recommendations for various health needs. Call with questions or to register. 9:30am-5:30pm. \$325 per level. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### THURSDAY, JULY 20

**Essential Oils 101** – Learn the basics of essential oils with Alyssa Opiary, HHP, HNC. Learn how to choose essential oils; the safety guidelines and contraindications of essential oils; how oils can be used therapeutically; and basic every day uses for wellness in the body and home. We will review the many uses of 11 common essential oils for in the home and on the body. 6:30-8:00pm. \$10. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### TUESDAY, JULY 25

**An Introduction to the Metabolic Reboot Live!** - During this hour-long workshop, we will be discussing how unhealthy food choices and cutting calories can negatively affect your insulin and hormone levels, causing you to gain weight. Many weight loss programs miss important key factors that keep your body from shedding excess weight. Learn how to re-set your metabolism to burn fat and not store it. There will be free sampling of Ëvolv products and all of the information you need to sign up for our one month program designed to reset your metabolism and help you to lose up to 10 pounds in the first month. If you suffer from diabetes, hormone imbalances, slow metabolism, or are looking for a jump-start to your health or weight loss program come join us! 6:30-7:30pm. FREE. RSVP Required. Thrive Wellness Center, 647 Wyoming Ave. Kingston. 570-283-0111.

### THURSDAY, JULY 27

**An Introduction to the Metabolic Reboot Webinar.** FREE Virtual Seminar From Your Own Home! If you suffer from diabetes, hormone imbalances, slow metabolism, or are looking for a jump-start to your health or weight loss program come join us! 6:30-7:30pm. FREE. RSVP Required. Call to register: 570-283-0111

## SINGLE CLASSES AUGUST

### MONDAYS IN AUGUST, STARTING AUGUST 7 (4 Consecutive Mondays)

**Metabolic Reboot Workshop** Looking to lose weight and keep it off? Call Thrive today to get registered! This one-month program includes four Monday nights of guidance and instruction with Holistic Nutrition Consultant and Holistic Health Care Practitioner, Alyssa Opiary. The goal of the program is to re-program your body to burn fat instead of sugar for energy. This is done through healing and restoration of the digestive system and immune system, and to reduce inflammation in your body. Alyssa will educate you on proper nutrition to achieve these goals, which result in healthy and sustainable weight loss. 6:30-7:30pm. \$40 for 4 weeks ~ Nutritional supplements to enhance program are an optional and separate expense. 647 Wyoming Ave., Kingston, 570-283-0111

### SUNDAY, AUGUST 13

**Nutrition and Body Chemistry: Holistic Nutrition Certification Level 3** - The student will learn the effect of the twenty-one chemical elements on colon health, how soft tissue is built, the importance of electrolytes and the importance of bone builders and blood builders. Every part of the body is connected through the nervous system and the endocrine system, learn how the foods we eat are an integral part of the healing process. Call with questions or to register. 9:30am-5:30pm. \$325 per level. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### THURSDAY, AUGUST 17

**PEMF Open House** - Try Pulsed Electromagnetic Therapy as Seen on Dr. Oz! PEMF is a non-invasive and gentle therapy to improve oxygen to the cells, increase protein synthesis and decrease inflammation. Get relief from neuropathy, back and joint pain, fibromyalgia, arthritis and more. All Day. Registration required. 9:00am-8:00pm. \$15 at time of booking appointment. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### THURSDAY, AUGUST 24

**Essential Oils 101** – Learn the basics of essential oils with Alyssa Opiary, HHP, HNC. Learn how to choose essential oils; the safety guidelines and contraindications of essential oils; how oils can be used therapeutically; and basic every day uses for wellness in the body and home. We will review the many uses of 11 common essential oils for in the home and on the body. 6:30-8:00pm. \$10. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### SUNDAY, AUGUST 27

**Master Herbalist Certification Level 1** - System affinity and terminology as related to herbs and essential oils. This class covers the study of history and philosophy of Western Herbal Medicine including medical, herbal, and botanical terminology. The student will learn how to use essential oils and herbal remedies safely. Ailments of the Digestive system, Circulatory system and Respiratory system will be discussed. Call with questions or to register. 9:30am-5:30pm. \$325 per level. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

### TUESDAY, SEPTEMBER 5

**An Introduction to the Metabolic Reboot Live!** - During this hour-long workshop, we will be discussing how unhealthy food choices and cutting calories can negatively affect your insulin and hormone levels, causing you to gain weight. Many weight loss programs miss important key factors that keep your body from shedding excess weight. Learn how to re-set your metabolism to burn fat and not store it. There will be free sampling of Evolv products and all of the information you need to sign up for our one month program designed to reset your metabolism and help you to lose up to 10 pounds in the first month. If you suffer from diabetes, hormone imbalances, slow metabolism, or are looking for a jump-start to your health or weight loss program come join us! 6:30-7:30pm. FREE. RSVP Required. Thrive Wellness Center, 647 Wyoming Ave. Kingston. 570-283-0111.

**THURSDAY, SEPTEMBER 7**

**An Introduction to the Metabolic Reboot Webinar.** If you suffer from diabetes, hormone imbalances, slow metabolism, or are looking for a jump-start to your health or weight loss program come join us! 6:30-7:30pm. FREE. RSVP Required. Location: Virtual Seminar From Your Own Home. Call to register: 570-283-0111