

In a Nutshell

HeartSprings is a nonprofit integrative healing center for everyone focused on health, hope, and healing.

We not only help with everyday stress but also specialize in dealing with chronic illnesses, disabilities and life transitions.

HeartSprings utilizes a whole person integrative approach that complements area physicians and other healthcare providers.

All of this is done through a variety of programs such as:

- Massage
- Reflexology
- Healing Touch
- Yoga classes
- Movement classes for those with chronic illnesses
- Expressive Arts (poetry, art, music) for children and adults
- Meditation courses
- Caregiver support
- Grieving support



**Movement
helps you to feel
and move better!**



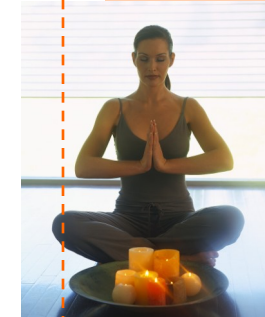
HeartSprings

HeartSprings
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Movement Classes At HeartSprings

A center for Health, Hope, and Healing



Phone: 701-261-3142

Life Transitions Track

Movement Classes for those with Parkinson's

Jan Nelson, OTR/L, MA Instructor



- Graduate of University of North Dakota Occupational Therapy Program
- Master's Degree in Human Development from St. Mary's college, Minneapolis, MN

This is a disease-specific exercise class for individuals with Parkinson's Disease (PD) who are not wheelchair bound.

The sessions are designed to delay the progression of PD symptoms by increasing flexibility, strength, balance and coordination.

The session is based on Feldenkrais movements to lengthen muscles, John Argue's exercises for PD, and movements and voice exercises from the Lee Silverman Voice Treatment (LSVT) Loud and Big programs.

We also incorporate stress management techniques and other holistic strategies.

\$60/month for 8 sessions

Or \$10/class

A 1 hour introductory meeting with the instructor is mandatory. \$10 to evaluate, instruct, & gather health information.

Yoga for MS

Carolyn Espel, Yoga Instructor

Carolyn has been teaching yoga for over 10 years and is certified through Yoga of the West™, and Yoga of the Heart and is registered at the 200 hour level with Yoga Alliance. She is currently pursuing her 500 hour certification in the area of yoga therapy, which seeks to reduce suffering.

Yoga has been used successfully by many MS patients internationally to help manage their symptoms. This class will introduce students to yoga poses, breathing techniques, and meditation practices that are recommended in the management of MS. The class intention will be to teach those techniques in an environment of positive self-discovery using a variety of appropriate gentle styles. She enjoys sharing the benefits of yoga with a positive attitude and a sense of fun.

"Carolyn is very good in letting us go at our own pace....really helps our balance.....good fellowship in meeting others with MS...I leave with less numbness." Class attendants

Yoga mats will be provided.

\$60/month for 8 sessions

Or \$10/class

A 1 hour introductory meeting with the instructor is mandatory. \$10 to evaluate, instruct, & gather health information.

Prevention Track

Evening Yoga for Beginners

Gini Duval, teacher

200 hour level with Yoga Alliance

Come and join Gini on Tuesdays from 6:30-7:30pm. \$10/class or join a series. [Need a min. of 4 participants]. Call to register 701-261-3142.

Winter Five-session series (Feb. 16, 23, March 2, 9, 30) \$36 + (2) Restorative=\$56

Spring 6-session (April 6, 13, 20, 27, May 4, 11)-\$43 + Restorative=\$63

Restorative Yoga

Sarah Morrau, instructor

Come and experience simple poses meant for relaxation and restoration. All poses done on the floor lying or in a seated position with propping.



Third Thursday of the month from 6:30-7:45pm. (Jan. 21, Feb. 18, March 18, April 15, May 20) \$10/class or class included in Preventative Track yoga series listed above. [Minimum of 3 needed] Call by 5pm Tuesday to register at 701-261-3142