

SEPTEMBER / OCTOBER 2018 CLASSES

ONGOING CLASSES

MONDAY NIGHTS

Metabolic Reboot Workshop: Reboot Your Health! Starting September 10th and runs through October 8. This 28-day program includes four evenings of guidance and instruction. The goal of this program is to reduce inflammation, support healing of the gut and a healthy immune system, and to shift your body to a burn fat burning metabolism. Get educated on proper nutrition to achieve these goals, which results in healthy and sustainable weight loss. 6:00 pm. \$50 for 5 classes ~ Nutritional supplements to support your body are an optional and separate expense. 647 Wyoming Ave., Kingston, 570-283-0111.

THURSDAY NIGHTS

Vinyasa Yoga with Tom Gilmore. Come experience Yin Yoga in Thrive's yoga/meditation space! Suitable for 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. 6:30-7:30pm. \$15. \$120/10 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

SATURDAY MORNINGS

Tai Chi Classes with Wayne Wolfe. (All Levels Welcome) Instructing Master William Chen's Short Form - Tai Chi Chuan is often described as "meditation in motion" and there is growing evidence that this mind-body practice has value in supporting optimal mental and physical health. This gentle form of exercise can help build and maintain strength, flexibility, and balance, and you can get started even if you aren't in the best of health. 10:00 am (50 min.) \$18/class or \$100/ 8 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

Contemporary Chi Kung (Qi Gong) Class. (All Levels Welcome) A new Chi Kung class which can be done by anyone regardless of prior experience and with nothing to remember in between. Focus will be on building energy and balance along with harmonizing energy meridians in the body. A complete system on its own.) Wayne has been working with Qi Gong Master Mark Reinhart to develop this routine. 11:00 am (50 min.) \$18/class or \$100/ 8 series. Registration required. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

SEPTEMBER INDIVIDUAL CLASSES:

SUNDAYS, SEPTEMBER 9 & 16

Holistic Nutrition Certification Level 3: Nutrition & Body Chemistry

Start your certification today! Classes can be taken out of order. 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. Learn how nutrition affects the nervous system and the endocrine system and how the foods we eat are an integral part of the healing process. 9:30am-1:30pm. \$325 for both dates. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston. 570-283-0111

THURSDAY, SEPTEMBER 13

PEMF Open House – Do you suffer from discomfort due to inflammation or have challenges with muscle stiffness, limited range of motion, or circulatory issues? PEMF is a non-invasive and gentle treatment to improve circulation, increase oxygen to the cells and reduce pain and inflammation. 15 min appts 9am-8pm. \$20 must RSVP. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111.

SUNDAY, SEPTEMBER 16

How to Change Your Life for the Better: Steps for Lasting Change

How do we break deeply engrained patterns in order to effect long lasting changes in our life? Ed Schicatano, Life Coach and Doctor of Neuroscience will present steps that he has learned are critical for making long lasting changes. The class will be interactive and utilize life coaching strategies and sunlight hypnosis (visualization). The class will be customized for students needs. Attendees should think about something they want to change in their life before they come. 2-3:30pm. FREE. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston. 570-283-0111

WEDNESDAY, SEPTEMBER 19

Wellness Webinar: Eating for Healthy Blood Sugar, Inflammation, and Sustainable Weight Loss.

No matter what your health challenge, chances are these recommendations are going to help support you in taking your health to the next level. Receive a nutrition outline to help support your body in reducing inflammation, supporting digestive health, and to converting your body to a fat burning metabolism. Learn about the most advanced herbs and food sourced supplements to help support your health. 6:30pm. Free with RSVP. Call to register: 570-283-0111.

THURSDAY, SEPTEMBER 20

Essential Oils 101 – Learn the basics of essential oils, including how to choose essential oils; safety guidelines; how oils can be used therapeutically. Gain a greater understanding of the every day uses for 11 common essential oils for in the home and on the body. 6:30-8pm. \$10. RSVP. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111.

FRIDAY, SEPTEMBER 28

Friday Facial Happy Hour - Relax and Rejuvenate in the sacred space at Thrive, you deserve it! Amber will guide you through a meditative and relaxing self-applied mini-facial with aromatherapy. Learn about organic skincare and why it is so important. Organic herbal tea and organic wine and chocolate will be served. Free sample gift bags for all! This is a great night out for anyone who is seeking a fun and restorative time with friends. Registration required. Limited to 6. 6:00pm. \$20 at time of booking appointment. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111

OCTOBER INDIVIDUAL CLASSES:

SUNDAY, OCTOBER 7

Holistic Nutrition Consultant Certification Level 4: Carbohydrates & Fats

Start learning today! Courses can be taken out of order. The student will learn about the different types of fats and sugars, their major differences, how they affect the organs and body systems, and how they are metabolized in the body. 9:30am-5:30pm. \$325. Call with questions or to register. Thrive Wellness, 647 Wyoming Ave, Kingston. 570-283-0111

MONDAY, OCTOBER 15

Introduction to the Metabolic Reboot – Get Ready to Reboot your metabolism in the fall! Reduce inflammation, support healthy digestive function, balance hormones, and melt the pounds off! Learn how certain food choices and cutting calories can negatively affect your insulin and hormone levels preventing you from losing weight. Instructor will discuss effective tools, nutritional protocols, and supplements for supporting your body's state of health. 6:00pm. Free with RSVP. Thrive Wellness Center, 647 Wyoming Ave. Kingston. 570-283-0111.

WEDNESDAY, OCTOBER 17

Wellness Webinar: Eating for Healthy Blood Sugar, Inflammation, and Sustainable Weight Loss.

No matter what your health challenge, chances are these recommendations are going to help support you in taking your health to the next level. Receive a nutrition outline to help support your body in reducing inflammation, supporting digestive health, and to converting your body to a fat burning metabolism. Learn about the most advanced herbs and food sourced supplements to help support your health. 6:30pm. Free with RSVP. Call to register: 570-283-0111.

THURSDAY, OCTOBER 18

PEMF Open House – Do you suffer from discomfort due to inflammation or have challenges with muscle stiffness, limited range of motion, or circulatory issues? PEMF is a non-invasive and gentle treatment to improve circulation, increase oxygen to the cells and reduce pain and inflammation. 15 min appts 9am-8pm. \$20 must RSVP. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111.

WEDNESDAY, OCTOBER 24

Back Pain and Sciatica Workshop Reveals How to Naturally Heal Back Pain & Sciatica For Good

Would you like to alleviate your back pain naturally without the side effects of medications, injections or surgery? Looking for answers? Come learn from the experts from Cawley Physical Therapy. Learn the 3 most Common Causes of Lower Back Pain & Sciatica and so much more. 6-7pm. FREE. RSVP. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111.

THURSDAY, OCTOBER 25

Essential Oils 101 – Learn the basics of essential oils, including how to choose essential oils; safety guidelines; how oils can be used therapeutically. Gain a greater understanding of the every day uses for 11 common essential oils for in the home and on the body. 6-7:30pm. \$10. RSVP. Thrive Wellness, 647 Wyoming Ave, Kingston, 570-283-0111.