

~ *Dancing Lotus Center* ~

Healthy Body ~ Calm Mind ~ Joyful Spirit

40 N. Last Chance Gulch, www.dancinglotuscenter.com

Kelly Baraby, Yoga 431-0809, kbaraby@gmail.com OR Kathryn Kelley, Nia 461-5412, kellyinstitute@mt.net

Ongoing Classes, January, 2011

- Mondays:** 4:00-5:30 p.m.: Yoga Level II w/Kelly (no class Jan 30-Feb 6)
5:45-7:15 p.m.: Yoga Advance Beginner w/Kelly (no class Jan 30-Feb 6)
7:30-8:30 p.m.: Oula/Nia w/Jamie
- Tuesdays:** 6:30-7:30 a.m.: Tai Chi Chuan w/Nathan (No class Jan 3rd only)
10-11:15 a.m.: Gentle Yoga for the Young at Heart w/Kim
12:00-1:00 p.m.: Nia w/Kathryn K
5:15-6:30 p.m.: Yoga Advanced Beginners/Kim (no class Jan 30-Feb 6)
6:45-7:45 p.m.: Egyptian Style Belly Dance w/Arwen
- Wednesdays:** 10:00-11:30 a.m.: Yoga Advanced Beginner w/Kelly (no class Jan 30-Feb 6)
4:30-5:30 p.m.: Nia w/Bruce
5:45-7:15 p.m.: Yoga Level II w/Kelly (no class Jan 30-Feb 6)
7:30-8:30 p.m.: Egyptian style belly dance for beginners
- Thursdays:** 12:00-1:00 p.m.: Nia w/Kathryn K
4:00-5:00 p.m.: Yoga Basics w/Kim (no class Jan 30-Feb 6)
5:15-6:15 p.m.: Oula/Nia w/Jamie
6:30-7:30 p.m.: Adv.Tribal Belly Dancing w/Bobbi
- Fridays:** 6:30-7:30 a.m.: Tai Chi Chuan w/Nathan
9:30-10:30 a.m.: Movement Therapy w/Jamie

Special Events, January, 2011

Thursdays, Jan 5-Feb 23: 6:30-7:30 p.m. Beginning Tribal-Style Bellydance Do you know how to belly dance? Come discover the ancient art of bellydance through a modern style that celebrates the beauty and strength of all women. \$68 for 8-week session No refunds, but there are other classes at the Dancing Lotus Center you can take for a makeup class (yoga, Nia or Egyptian Bellydance) Contact Bobbi at 443-3301 or lambertson@imt.net Website: <http://tribes.tribe.net/tribalraks> Wear comfortable clothes for dancing and stretching. BRING WATER!

Friday, January 13: 5:15-6:00 p.m. Introduction to Nia – Free Class is back! Come experience the true Joy of Movement with four amazing Nia teachers! We will cover the basics of Nia and give you the opportunity to “dip your toe in the delicious waters of Nia”. All are welcome. Bring your friends. Kathryn 461-5412 or Bruce 439-7850.

Sunday, January 15: 1-4 p.m. Yoga grounding with Kelly & Kim: Three Winter Workshops with Kelly and Kim, January 15, Grounding, Feb. 12, Deepening, March 18 Soaring Grounding: Allow yourself to be intimate with a sense of supported ease in your asana practice. We will connect to the breath, move into meditation and finish with deeply restorative work. 1- 3:30, \$30 per class or all 3 classes for \$75. No punch cards, register and checks made out to either Kim Schleicher or Kelly Baraby. Kelly: 431-0809, Kim:431-6780

Pricing: Nia, Yoga, Belly Dancing, and Oula: on-going class pricing:

Drop-in \$12; Class card pricing: 8 classes/8 weeks \$68; 5 classes/8 weeks \$47.50; **8 classes/3 weeks \$52 (best deal, only \$6.50/class!)**

To add your name to our e-mail list: send your name & e-mail to: kellyinstitute@mt.net

Nia Teachers: Kathryn K: 461-5412; Jamie: 465-6845; Bruce: 439-7850.

Yoga Teachers: Kelly: 431-0809, Kim: 431-6780

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Offerings at Dancing Lotus Center:

Co-owner Kathryn Kelley, M.A., NCC, LCPC, is the Founder of the Kelley Institute of Integrative Therapy, a Licensed Psychotherapist, and a Licensed Brown Belt Nia Instructor. She has been working with mind/body/spirit/emotion integration and healing for 18 years. Offering proven techniques to relieve unwanted emotions and thoughts, individuals find peace, joy and fulfillment in everyday life. Kathryn also teaches Nia Technique classes and playshops as well as seminars and workshops on mind/body/spirit/emotion integration. www.kelleyinstitute.com.

Co-owner Kelly Baraby is both a Certified Massage Therapist and Yoga Teacher. She held the position as Primary Educator of Yoga at Big Sky Somatic Institute until their closing in July 2007. She was an Assistant Teacher at the Massage School for 9 years and has continued to create circles for community and individual growth. Kelly has been teaching Yoga since 2000. kbaraby@gmail.com

The Nia Technique: Feel the true joy of movement with Licensed Nia Instructors! The Nia Technique is a true body/mind/spirit/emotions class and a profound way to move your body from the inside out. Experience an organic way of moving and living based in love, pleasure, joy and peace with beautiful music, with total body conditioning! Private classes are also offered. Your body's way. All levels, all bodies welcome. 461-5412

Yoga: Both teachers have strong educations in therapeutics. Classes include fundamentals of breath and alignment, cultivating compassion through self-acceptance as you meet yourself in your limitations and strengths. These classes offer clear instruction and modifications for those who might need them. Also taught is Hatha Flow, linking breath with continual movement. 431-0809

Belly Dancing: Tribal Style and Egyptian Style Bellydancing classes offered, both classes are fun and alive with highly trained instructors. Tribal: Bobbi 443-3301. Egyptian: Arwen: 450-1017

Tai Chi Chuan: Tai Chi is a traditional Chinese style of martial arts that teaches relaxation, whole body movement, balance, and meditation. Classes include Chi Kung, Tai Chi forms, and sensitivity practice with partners. Please wear comfortable, loose-fitting clothes. Nathan at 925-1144.

Oula: Oula is an inspiring and super fun dance workout! Because musically, Oula incorporates hip-hop with Hindu and tribal with top 40s, this variety provides a base from which to experience an incredibly broad range of emotion, movement, style and sensation all within one hour. Jamie: 465-6845 www.oula-la.com

Massage Therapy: Provides support for all lifestyles and needs by blending circulatory and deep tissue massage with Asian techniques. This combination is used to remove blockages and balance your body's energies for a relaxing, healing experience. Robyn: 459-4723

Psychotherapy: Individuals, Couples, Families, Adolescents. Accepting Medicaid/Medicare, all insurance and sliding scale fee. **Jamie Anesi**, LCPC, Transpersonal, Sand Tray & Body Centered Therapy with a Concentration in Grief, Loss & Trauma (465-6845) www.jamieanesi.com. **Kristina Gillispie**, LCSW, practice focus on women's journeys, DBT and total body wellness. (459-9584). **Tiffany Evans**, LCPC, working with Individuals, families and children using a variety of perspectives with a specialization in Expressive Arts Therapy. (202-4495)

Photography By Mathis : Your best source for portrait, business, commercial photography. We love capturing the precious moments of life forever. Our studio is located in the Garden Level (down the stairs) of Dancing Lotus Center. Studio sessions available by appointment. Studio access off Hibbard way and off the walking mall. Roger: 406-458-3347

Kelly and Kathryn opened the Dancing Lotus Center in May of 2007. The Center hosts teachers in body/mind/spirit/emotions classes to the public in addition to special workshops and events. We offer only the finest of the healing arts. If you would like to teach at Dancing Lotus or rent the studio for special events, please call us. To be added to our e-mail list for updates and schedule changes, e-mail: kelleyinstitute@mt.net or call 461-5412.

Namaste,

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