

Spring Tone-up & Tune-in to Energy

Spring signals renewal of growth, shedding the past, & infuses us with the desire to start anew.

Instead of only cleaning your closets, think about also freeing-up your life to make room for new things to enter. Take the time to awaken your inner spirit & let spring's energy help you create your own plan for a new & improved you.

Plan to spend Thursday evenings at The Downing Clinic attending special programs designed to help with your growth & renewal this spring. Sign up for any or all of the sessions – or make an appointment for a one-on-one plan to get in shape for spring. Feel good about taking a step in the right direction – better health & energy!

Strength Training Sessions

<p>Learn how to use weights to benefit your bones, posture, balance, and muscles. Don't lose muscle bulk and tone because of aging or inactivity. We will give you a plan to build muscle strength and keep it. We're starting with series of six classes and hope to add more. Classes will be energizing and fun! This class is for all levels of ability.</p>	<p>Thursdays: April 10 to May 15 \$55.00 for six sessions Includes handouts to continue training at home. 5:30 PM to 6:30 PM DROP-IN FEE: \$10.00 <i>Special bonus - this series includes a group discussion led by Nedra Downing, DO, clinic founder. Learn about nutrients, supplements, dietary choices, and more that can help you.</i></p>
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Meditation Sessions

<p>Why meditate? Meditation has the power to transform our lives. We will discuss and practice a different style of meditation each week to discover your personal favorite. Meditation awakens your connections to your higher self and vital universal energy forces. Chakra energy intake can become closed for many reasons, including illness, losses, and stress thus blocking and reducing energy to your internal organs and brain. Come learn why you should meditate.</p>	<p>Thursdays: April 10 to May 15 \$50.00 for six sessions 4:30 to 5:15PM DROP-IN FEE: \$10.00</p>
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INDIVIDUAL SESSIONS

Schedule a one-on-one appointment with our certified, highly experienced specialists in the following areas by calling 248-625-6677.

Reiki

Working with your energy fields and chakras, Reiki finds weak or unbalanced areas and works to strengthen and open up the energy. You will be amazed at how the findings fit with what is going on in your life. Improved energy flow lasts for days after a treatment, and is improved by repeat sessions. Often people see chakra colors during treatment. Individual one-hour sessions by appointment.

Reflexology

Reflexology treats meridian pathways running throughout the body from the feet or hands. All organs and body parts are reached via meridians which are the same energy pathways accessed by acupuncture. Reflexology areas may become crystallized or blocked so the downstream organ is not as healthy as it should be. First appointment includes an analysis of the various areas, consideration of your medical diagnoses and the design an individual treatment plan. Reflexology is very relaxing and beneficial. First appointment - one hour. Follow-up appointments - 45 minutes.

Prescription Yoga

Prescription yoga tailors a yoga program just for you with individual sessions. Realistic yoga stretching and positions take into consideration limitations from diagnoses like MS, fibromyalgia, cardiovascular disease, obesity, arthritis, surgeries, or cancer.

Individual sessions will teach you meditation, visualizations, self affirmations, and posture. Yoga aids in finding a spiritual track and can help with energy, self-confidence, positive thinking, flexibility and balance. Individual one-hour sessions by appointment.

Massage

Muscles and soft tissue will benefit from a variety of techniques including stroking, kneading, tapping, compression, vibration, rocking, pressure, stretching and manipulation. Massage reduces stress, aids lymph drainage, flushes toxins, improves circulation, reduces pain, tension and stiffness and promotes relaxation and increased energy. Massage can be enhanced with the use of aromatherapy, rain drop therapy or a combination of massage with reiki, reflexology or healing touch. Individual one-hour sessions by appointment.