

**Dobbs Ferry High School**  
**Wellness Fair Break Out Sessions**  
**Friday, January 27, 2017**

**"Yoga 101"** with Patricia Fisher of Riverstone Yoga

Yoga 101 is designed to teach you the basics of yoga in a small-group setting with plenty of explanation. Perfect for those new to yoga or wanting a refresher.

**"Intro to Martial Arts"** with Sensei Allison Werner-Lin and Sensei Rohtas Wadera of Ryu Renshi-Dan Karate

They will provide a brief overview of martial arts philosophy, how training informs the way we live, and then for the hands-on portion of the class will demonstrate meditation breathing exercises for strength and concentration, a few basic fighting skills and give students a chance to practice with each sensei, including a few great self-defense techniques! They guarantee you will laugh and have a great time. No experience needed!

**"Make Your Dreams Come True"** with Brooke Nalle of Sleepy on Hudson.

Get the sleep you need to work faster, play better, and feel rested so you can reach your goals. Brooke Nalle, sleep expert and founder of Sleepy on Hudson, will share actionable sleep strategies that really will help you live a better daytime life in all that you do.

**"LGBTQ 101"** with Santo Barbagiovanni

The LGBTQ 101 presentation is an introduction to Lesbian, Gay, Bisexual, Transgender and Questioning concepts and terminology. Participants will actively participate in the presentation, and will learn the differences between sexual orientation and gender identity.

**"Singing Bowl Meditation"** with Ms. Buschi

Students will learn stress-busting techniques they can add to their "toolbox for life". They will participate in a Tibetan Singing Bowl Meditation by lying down on yoga mats and listening to the sounds of the singing bowls that will bring them into a state of deep relaxation.

**"Drum Therapy"** with Ed Bettinelli, the Art of Drumming

Studies have shown that even a brief drumming session can double alpha brain wave activity, dramatically reducing stress and producing feelings of euphoria and well-being. You might say I'm living proof. This breakout session will "tap" into some of the many wonders and benefits of drumming (hands-on), and maybe share a story or two.

**"Improv 101"** with Ellen Flaks

Life begins outside of your comfort zone! Jump into the world of improvisational theater. Create fun characters and scenes on the spot. Give yourself permission to "play" and perform

in a comfortable setting. Hone skills that can help you not only on a stage, but also in a classroom and in life.

**“Sports Chiropractic in the Digital Age”** with Marc Kaplan, DC, CCSP

Sports Chiropractic is a discipline of the healing arts that uses spinal adjustments, exercise, and other natural means to help you perform at your best, whether you are an athlete, dancer, skateboarder or anything else. Now there is a new tool, the OptoGait gait analysis system, that helps us measure how well you can perform in different sports, and make recommendations to help you achieve your goals, in under 3 minutes! Olympic and professional athletes have been using this state-of-the-art equipment to improve their performance. Now you can too!

**NAMI Nat'l Alliance on Mental Illness**

The objective of this class is to provide accurate information about mental illness, the signs and symptoms of various disorders, treatments, and available community resources.

**“Gym Guyz”** with James Bonavita

**Total Body workout:**

Flex, stretch and move with this total body workout. Please come ready to move!

**Kickboxing:**

Whether you are a beginner, a general fitness enthusiast, or just someone who’s tired of the same old workout routine, GYMGUYZ provides a whole new approach to exercise that is fun, challenging, great for overall flexibility, and burns calories like crazy. Believe it or not... it’s kickboxing!

**“Hope’s Door”**

Healthy Relationships: “dating game” ....This is a much more interactive and informal conversation about dating and engages the students in an actual dating game with contestants and an audience who have to help choose the healthiest relationship.

**“Zumba” with RSC of Westchester**

Dance to great music, with great people, and burn a ton of calories without even realizing it.

**“Hudson Valley Paws”**

Those of us who own pets know they make us happy. But a growing body of scientific research is showing that our pets can also make us healthy, or healthier. Come and learn more about Pet Therapy and even meet a pet therapy dog.

**“SPCA”**

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**Body Image and the Media: What You See Is Not What You Get.** By Theresa Artuso D'Onofrio

In this session we will explore ways to maintain a healthy body image through self-love and empowerment. We will examine the ways the media impacts our ideas about our bodies, debunk the media myths, and reset the ideals!

**“CPR Training”** with Katie Kinney, American Heart Association

Do you know how to save a life? Learn how to perform hands only CPR. These skills have been used by high schoolers across the US to save the lives of friends and family members.

**“Better Sports Performance Through Optimal Nutrition”** with Jen Cadenhead

What does it mean to eat healthy and why should I care. Important information for the athlete and achieving peak performance.

**Pilates with Jennifer Garden, Private Instructor**

Stretch, strengthen and tone using the “powerhouse” of core abdominal muscles to develop a fit and healthy body.

**“Pilates” with RSC of Westchester**

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.