



MEETING ENHANCEMENTS AT THE MARSH

The Marsh offers programs and classes to enrich and enhance your meeting. Take a break and stretch, relax and rejuvenate yourself with a Marsh program. We can customize any of our studio/pool classes and programs to meet your group's needs. Below is a sampling of our offerings that are appropriate for people of all ages and abilities.

Tai Chi – Often referred to as a moving meditation, Tai Chi is a self-paced system of gentle movements and stretching. Tai Chi connects the mind and body to provide stress reduction and other health benefits. Can also be experienced outdoors (weather permitting).

Desk Pilates – This program uses the Pilates principles of stretching, lengthening and rebalancing the body to counter balance the negative effects of sitting at a desk for long periods of time. Attention is paid to the postural muscles, neck and back.

Drums Alive – Motivating music and drumming rhythms will get your feet stomping, your heart pumping and your body moving. This class is appropriate for people of all ages and abilities.

Gentle Yoga – Easy gentle stretches/poses and controlled breathing helps to calm the mind and relax the body. Quiet, precise movements focus your mind on the moment as you move your body through poses that require balance and concentration.

Chi Ball – A relaxation tool a little bit off the beaten path; using a light ball to create a focus for the mind as part of a movement sequence, Chi Ball includes stretching and core stabilization exercises.

Quieting Your Mind and Body – The tranquil water of our 94-degree therapy pool is the center piece of this relaxing class featuring candlelight, a flautist, and guided moving meditation.

Laughter Yoga – Non-bendy, laughter and breath-based exercises. We laugh and breathe to bring oxygen and joy into our body and mind. A typical session involves clapping, coached laughter exercises, deep breathing (that's why it's called yoga), and meditation. You don't need a special outfit or a mat, but it helps to have an open mind.

Nordic Walking – Using two specially designed poles to work the upper body while walking, this form of exercise turns walking into a full body workout allowing you to burn up to 40% more calories. Learning the proper technique is critical to a safe efficient workout.

Other programming ideas include:

- Balancing Your Life Workouts
- Sounds of Silence – Meditation
- Nutritional and Lifestyle Coaching
- Nature Walk
- Workouts On-the-Go
- Pilates for Golfers
- Self Defense Primer
- Cycling class

Look at our studio and pool schedules online, www.themarsh.com. Prices of programs above are to be determined depending on topic, length of session, and instructor. For more information call Betsy in Conference and Catering, 952-930-8537.