

Synergy Health Now

FINDING BALANCE
benefits your company.

At Synergy Health Now, our fitness and wellness classes have been proven to reduce stress, improve focus and concentration, and create a happier, more productive work environment. Classes are hosted on site at your company, at a hotel, or a Convention Center.

We offer the following **Yoga, Dance and Fitness Programs** and professional, high-quality, and educational **Wellness Workshops** that demonstrate how simple changes can have positive effects on a person's life. Classes & Workshops run about 45 minutes – 1 hour in length.

Our Fitness programs and Wellness Workshops can be customized to best accommodate the needs of your client and/or employees. In addition, we can support brief 15-minute 'session breaks' during conferences, business off-sites and meetings to help keep employees and clients focused, motivated and refreshed during these important events. Contact us for more information.

YOGA PROGRAMS

Hatha Yoga Basics
Hatha Yoga
Flow or Vinyasa Yoga
Power Flow
Shatki Flow
BODYFLOW®
Laughter Yoga
Breathing & Meditation

DANCE PROGRAMS

Zumba
Hip Hop
Latin Fusion
StreetJazz

FITNESS PROGRAMS

Mat Pilates
Mixed Martial Arts
HIIT (High Impact Intensity Training)
Boot Camp
Tai Chi
Personal Training
Aqua Yoga
Aqua Zumba®
We organize Walks, 5Ks, Fun
Runs, & more

WELLNESS WORKSHOPS

- Stress Management and Meditation
 - Stay Health While Traveling
 - Conquering Your Sugar Cravings
- Tools and Tips for Eating Healthy in the Workplace

We offer many other wellness topics.

Create your own custom workshop to suit the needs of your employees or clients.

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Yoga Styles

Hatha Yoga Basics This class focuses on the principals of yoga poses, proper breathing, restorative poses and awareness. Ideal for beginners and those who want a gentle class.

Hatha Yoga If you feel good in Hatha Yoga Basics, this class is for you! It builds upon Yoga Basics by holding poses a little longer at a comfortable level, while deepening awareness, as well as improving on breathing techniques and more. For newcomers and seasoned yoga practitioners.

Flow or Vinyasa Yoga Synchronizes the movements of the breath with a dynamic sequence of connected yoga postures, which are joined together in a smooth, flowing way, almost like a dance.

Power Flow Indicates a vigorous practice that challenges and energizes you with its focus on building strength and concentration as you flow through powerful, flowing sequences. This type of class is meant to challenge you and your existing practice, make you sweat, have some fun, and try an inversion . *Not recommended for beginners who do not have a basic knowledge of yoga postures.*

Shatki Flow Yoga combining physical fitness, dance & moving meditation. Shatki is a practice and a way of life, inspired by movement. On the surface a Shatki Flow class is full of high intensity cardio bouts, fun improv dance sets mixed with creative vinyasa flow, body weight strength training and breath work while loud motivating music infiltrates the room.

BODYFLOW® Yoga-based class that improves your mind, body and life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

Laughter Yoga Have a blast with this class - gentle and powerful new concept that blends laughter exercises and breathing techniques. Laughter is proven to activate a biochemical response in the body that dissolves cortisol levels (stress hormone), boosts the immune system, improves circulation and leads to happiness. It fosters feelings of kindness, joy, forgiveness and love. *(Laughter Yoga does not include Yoga poses)*

Breathing and Meditation Put an end to anxiety, stress and fears! Improve your health and heart condition while developing inner calm and a peaceful state of joy! Breathing techniques eliminate bodily toxins, unclutter the mind and pave the way for meditation, which clears the mind and develops inner balance.

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Dance Styles

Zumba Latin dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, meringue and mambo. Squats and lunges are also included. This class will make you laugh and have fun while increasing your energy and endorphins!

Hip-hop Refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It included a wide range of styles primarily breaking, locking, and popping.

Latin Fusion Seamless blend of Latin dance styles from street to ballroom met with string emphasis on commercial dance. The dance including Salsa, Bachata, Reggaeton, Cha Cha Cha, Sfro-Cuban, Cumbia, Samba and more. You will apply familiar foundations ranging from jazz to hip-hop.

Street Jazz Infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style. This class will encourage students to dance outside of the box and bring their own personality to each movement.

DANCE PROGRAMS

Zumba
Hip Hop
Latin Fusion
StreetJazz

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Fitness Styles

Mat Pilates Borrows from disciplines such as dance, yoga and classic calisthenics. The standard Pilates system of exercise uses many different pieces of equipment, such as the reformer, cadillac and barrel. But, the mat Pilates series of exercise is performed equipment-free, with the moves adapted to work with just your body and a floor mat for cushioning and support.

Mixed Martial Arts An exciting class that allows participants a wide range of fighting techniques including striking, kicking, and boxing, while incorporating those of martial arts such as judo and karate.

HIIT (High Intensity Interval Training) Specialized form of interval training that involves short intervals of maximum intensity exercise followed by longer intervals of lower to moderate intensity exercise.

Boot Camp Challenges every muscle in your body and with little rest in between each set; you're bound to feel the burn and intensity. By constantly moving for an hour, your body has no time to rest, therefore your burning hundreds of calories, even when you stop. It's a way to challenge your body and mind into doing a workout, which leaves no prisoners. It's for the strong, the weak, the fit, and the not so fit. There is no discrimination, as long as you have the will to finish what you started.

Tai Chi Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life with grace and ease.

Personal Training Certified personal trainers are available to work with individuals or groups to customize their fitness goals and set them up with a plan to take with them when they leave.

Aqua Yoga Deep breathing, gentle stretching, and balance exercises, assisted by the support of the water. This low-intensity shallow end class can be adapted for students at all levels, and beginners to yoga or water fitness are welcome. It leaves you feeling relaxed and renewed.

Aqua Zumba® "Pool party" workout for all ages. The class is a safe, effective and challenging water-based workout. The class integrates Zumba moves and philosophy with traditional aqua fitness disciplines. Move your bodies for 45 - 60 minutes against the resistance of water.

Walk, 5K, Fun Run & More We can coordinate an actual walk or run for your employees.

FITNESS PROGRAMS

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Wellness Workshops

Stress Management & Meditation This program is designed to help employees understand how stress impacts the body while teaching participants new ways to modulate stress. We incorporate methods to stay more centered by introducing relaxation and stress management skills such as deep breathing, quieting the mind, progressive muscle relaxation and the skills of meditation. The class is partially didactic, teaching the art of meditation on both a basic and more advanced level.

WELLNESS WORSHOPS

- Stress Management and Meditation
- Stay Healthy While Traveling
- Conquering Your Sugar Cravings
- Tools and Tips for Eating Healthy in the Workplace

Stay Healthy While Traveling When your employees are travelling for conferences and then attending meetings all day, their health and energy may be put to the test if they are tempted to eat at the first fast food restaurant they see in the airport. Participants will learn simple tricks to overcome this obstacles and help them make better choices along the way that will reduce inflammation, swelling and bloating, while providing a boost of energy and confidence.

Conquering Your Sugar Cravings The candy bowl at work is calling to you and you are at mercy of your will power. Or are you? We all crave sugar, but how much of it is in your head and how much is in our control? This workshop will focus on fun sustainable ways to curb your sugar cravings without depriving yourself of the things you love. We will examine what really goes on with sugar in the body and provide you with effective tools to balancing your sugar levels with ease. Learning to conquer sugar cravings will allow you to have more sustainable energy, so you have time to do more of the things you love with the energy you desire.

Tools and Tips for Eating Healthy in the Workplace There are simple steps employees can take right now to boost their energy the healthy way. We show employees how to sleep better and make simple food changes for overall life improvement. Employees love learning how to take control of their nutrition to help them have more energy throughout the day. Real-life success stories, myth-busting tips and exercises with other participants make this a high-energy workshop.

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Marie Guido

Wellness Professional, Yoga Teacher, Sales & Marketing Professional

Synergy Health Now was founded by Marie Guido as a platform for individuals and groups to build the foundation of a healthy lifestyle that supports making better decisions about their wellness. Marie's background is in the hotel industry so it was only natural to be able to understand the needs of clients in the high paced world of the industry. Wellness and fitness programs are available onsite at your company or at your hotel.

Marie became certified as a Yoga Teacher in 2007 and began teaching clients, eventually partnering with large businesses and hotels, developing corporate wellness and fitness programs. She graduated from The Institute for Integrative Nutrition in 2012 and combined fitness and wellness classes. In addition to her wellness, fitness and hotel experience, she had the opportunity to work with two large triathlon companies in New York and Florida and has experience setting up and managing swim, bike, and running events. Marie holds her B.S. Degree from New York Institute of Technology.