

# MIND & BODY FITNESS

**FSHN Mind and Body Fitness** is the newest addition to our list of services that provide fitness classes in a group or one-to-one setting for your mind and body. Due to our dedication to offering comprehensive services to our patients, it was only natural for us to establish this service. Our classes have been carefully chosen to accommodate all ages and to offer a variety of diversified services. Our classes are the ideal safe haven for you to unwind, recharge, and increase productivity in a group or one-to-one setting.



Pilates Classes

— CLASSES —

## YOGA

Yoga has a wide range of health benefits for the mind & body by creating a connection through a series of disciplined physical postures and breathing exercises. We are offering one-to-one sessions and various styles of group classes.

## PILATES

Pilates benefits not only your core but your entire body. The exercises taught will allow you to achieve gains in range of motion, energy, mobility, posture, body awareness, stress reduction, increased stamina, improved concentration & improved breathing mechanics.

## FITNESS

We are offering Circuit & Resistance Training classes in this section comprising of a combination of six or more exercises performed with short rest periods, for either a set number of repetitions, or a prescribed amount of time with varied modes of resistance. These classes are intended to increase muscular strength and endurance.



Pediatric Classes

CLASSES

## PEDIATRIC

### ■ Correction Class

To strengthen postural muscles, work on joint & tissue imbalances, and eliminate bad postural habits.

### ■ Creative Integration Class

Support the physical development of the child and explore the surrounding world through their senses.

## MINDFULNESS

### ■ Mindfulness & Breathwork

This guided meditation will help you with grounding, calming, release your stress and anxiety.

### ■ Sound healing

An inwards journey allowing people to release pent up energy, memories, emotions, & thoughts, and heal by balancing their vibrational frequency through sound.

1 Pass	15KD
4 Passes	55KD
6 Passes	75KD
8 Passes	85KD

Reserve your class

**95502801**



For more information  
visit our website  
[www.fshnkuwait.org](http://www.fshnkuwait.org)



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