

SBRA Super Cycling Day 2012 Health Practitioners

Dr. Brian Ferris, DC
Commack, NY (631-864-8509)
East Meadow, NY (516-520-1605)

Dr. Ferris has been practicing chiropractic for 29 years. During that time he has had the privilege of serving hundreds of families and patients of all ages with a wide spectrum of health issues. He has extensive post graduate education in spinal biomechanics, pediatric care and nutrition.

Karen E. Giles, MAc, LAc, Dipl Ac (NCCAOM)
903 Main Street, Ste. 204
Port Jefferson NY 11777
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www.KGilesAcupuncture.com

Karen E. Giles is a nationally board certified, New York State licensed acupuncturist practicing Five Element style acupuncture. She earned a Master of Acupuncture degree from the first accredited acupuncture program in the United States – Tai Sophia Institute in Maryland.

Karen maintains a private practice in Port Jefferson where her patients report relief from a wide range of health and emotional concerns.

Michelle Redlein, LMT, CYT
Welcome h"OM"e Wellness Center
Bohemia, NY
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Michelle Redlein is a Licensed Massage Therapist specializing in Medical Massage, Trigger Point Release and a holistic approach to life. Michelle is also a Certified Yoga Teacher and Holistic Health Coach. She works with athletes of all varieties and people who would like to maintain or strive for a healthy life.

Michelle owns Welcome h"OM"e Yoga, Massage, Nutrition & MORE! A wellness center dedicated to helping foster a community of thriving individuals who are happy, healthy and enjoying life! Welcome h"OM"e is located in Bohemia, NY. To make an appointment for Massage, Nutritional Counseling or to see the Yoga Schedule go to www.michelleredlein.com; by phone or email: 631.873.6721 or michelle.redlein@gmail.com

Karen Scher, CYT
Seva Yoga, Port Jefferson NY
Remedy Fitness, East Setauket
Prana Pilates and Yoga, Saint James
karen@freeyourmindyoga.com

Yoga has been an integral part of Karen's life for over 6 years. Wanting to deepen her experience and bring her practice to others, Karen completed yoga teacher training and certification with Suzanne Cardinal at Into This World Yoga Teacher Training 2 ½ years ago. She is also Level 1 Reiki certified and registered with the Yoga Alliance.

Karen's classes can include influences from a variety of yoga traditions including Kripalu, Anusara, Power Yoga and Vinyasa Flow. Her experience as an equestrian allows her to combine the joy and discipline of riding with the discipline and beauty of the mind, body and breath awareness that yoga offers. Karen strives to bring a personal awareness to each student's practice and allow them to explore postures at their own pace. "When we learn to breathe deeply our spirits are lifted and we achieve true focus, control and peace."

For more information regarding yoga and/or my teaching schedule, please contact me at Karen@freeyourmindyoga.com