



Located at 836A Corydon Ave. and 202-6640 Roblin Ave.  
is offering WRHA employees and volunteers the following discounts:

**Pilates** this discount is available to new members of Pilates Manitoba  
Receive 3 one-hour private lessons and a 10 flex-class pass for a cost of  
\$287.57 + \$14.18 tax = \$297.75 inc tax (regular cost is \$378) 25% discount.

**MELT Method** this discount is available to all members  
Receive a 20 flex class pass for the MELT Method classes for a cost of \$262.38 + \$13.14 tax = \$275.50 inc tax  
(regular cost is \$350)



The MELT method is the only method of treatment for the "new" organ discovered called the Interstitium, as published in  
[www.nature.com](http://www.nature.com) March 27, 2018 and as appeared on CBC's Quirks & Quarks Sat March 31, 2018.

<https://www.nature.com/articles/s41598-018-23062-6.pdf>

*Some specific medical limitations may apply please check with us before purchase.*

No refunds, transfers, changes, or substitutions.  
One purchase of each package per person  
Not to be combined or used with any other offer.  
Must provide current work ID at time of purchase.

*Some medical limitations may apply please check with us before purchase.*

All packages have a 6-month expiry date from date of purchase. This is designed so that individuals commit to the program as it is neuro-muscular-skeletal re-patterning.

For more information

Visit <http://pilatesmanitoba.com/about/>

Call 204-487-2287

Email [info@pilatesmanitoba.com](mailto:info@pilatesmanitoba.com)

## Pilates Manitoba would like to say thank you to healthcare workers with Free Weekly intenSati Classes

Welcome to your intenSati series. Inten means intention and Sati is the Pali word for mindfulness.

The experience of our life is based on how we speak about our life and for any area of our life in which we wish to create change, we must first identify our set-point. If we feel stuck on money or relationships, how do we view that area? What do we think or say is possible for us? The words we use and the attitude we hold around that life area determines our set point and it is our set point that determines our state of being and informs our current reality. So, if we want to create change, we must know what our starting point is and then begin the work to separate the emotional connection or story from the situation itself. And one of the easiest ways to separate the story from the situation is to find the good within the situation because it changes everything.

In this class you will find an invigorating cardio series that will allow you to let go of what you no longer wish to experience so you can choose the life you want to live. You will also find a soulful cool down designed to further help you let go, as well as a closing meditation that will help seal all this mindfulness work. Classes are all modified so that you can do it in a chair.

Topic: intenSati Fitness class WEDNESDAY mornings

Time: 7:45 - 8:30 a.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/85073858925?pwd=WVFLcW5QOGZIK2V5RExBUFJITnNVOT09>

Meeting ID: 850 7385 8925

Passcode: 644915

Topic: intenSati Uplifting Fitness FRIDAY mornings

Time: 9:30 – 10:30 am

Join Zoom Meeting

<https://us02web.zoom.us/j/81351687641?pwd=M21tdXVjM1VYc1RYclgxanJOSjErZz09>

Meeting ID: 813 5168 7641

Passcode: 715547

#intensatiWinnipeg, #intensati, #integrativewellness #integrativeexercise #integrativemedicine #exerciseismedicine  
#wrha #alliedhealth #movementismedicine #exercise prescription

INTENSATI  
WAKE UP YOUR  
INNER HERO

I am  
**GROWING**  
everyday

INTENSATI