

“FALL INTO WELLNESS”

Saturday, November 1, 2025

Fall Prevention Program

10:30AM to Noon - Fall Prevention

And

Open House at the OSA Spiritual Oasis

Noon - 3:00PM - Open House and Interactive Demonstrations

Old St. Andrew's Episcopal Church
59 Tariffville Rd, Bloomfield, CT

Fall Prevention Program - 10:30am - Noon

Fall is a beautiful time of year but not something you want to do!

Attend this informative program to learn how to recognize risks and prevent yourself from falling: Through live demonstrations, our presenters, Josh Pavano, Head Trainer at Healthtrax, and Darlene Barnes, 500 hour Embodiyoga® teacher/coach will teach you important exercises designed specifically to improve balance. The program also includes information about strength training, mindfulness and situational awareness. Proper footwear and foot care will also be discussed. Register is available in advance at: www.oldstandrewschurch.org/fall-prevention-program.

Open House and Live Demonstrations - Noon - 3:00pm

Discover a vibrant tapestry of events that promote well-being and community connection in every form imaginable at the Spiritual Oasis at Old St. Andrew's Church. Our doors are always open to welcome you. Learn about the opportunities for personal growth, healing and nourishing the mind, body, and spirit offered at Old St. Andrew's Church. Tour our historic campus, learn about our offerings and meet the instructors and experts that lead these remarkable opportunities. There will be live demonstrations, coffee at the Holy Grounds Coffee Shop and a raffle for a wellness basket.,

Imagine indulging in luxurious spa yoga retreats that melt away your stress, or experiencing the bliss of expert massage therapy that leaves you utterly relaxed. Soul-soothing musical groups and line dancing that make your feet tap and heart sing, to rejuvenating sound healing sessions that resonate deeply within - there's something for everyone. And let's not forget the transformative power of Reiki and Yoga and our deeply moving Compassion Circle which helps to cultivate compassion through inner reflection, empathic listening, and connection.

The Spiritual Oasis at Old St. Andrew's includes weekly yoga classes, Qigong and our Holy Grounds Coffee Shop. On a monthly basis we offer Compassion Circle and Creative Mind Workshops. Throughout the year we also have Sound Healing, Spa Yoga, Concerts and more. The Spiritual Oasis offers all this to the community along with our outdoor labyrinth and bike share program.

Our lower level offers the opportunity for expert healing massage therapy and Reiki with licensed experts.

Five-minute chair massages by Faith DesRocher, Licensed massage therapist

12:00pm-12:30pm, 1:00pm-1:30pm, 2:00pm-2:30pm

Creative Mind Workshop with Megyn Craine, MFT, BFA

Interactive Demonstration 12:30pm - 12:45pm

Learn about our monthly workshops that combine self-expression with mindfulness practices to help nurture our innate creativity and at the same time, learn more about ourselves and our inner worlds!

Gentle Yoga with Darlene Barnes, 500 hour Embodiyoga® coach/teacher

Interactive Demonstration: 12:30pm - 1:00pm

Compassion Circle with Megyn Craine MFT, BFA

Interactive Demonstration 1:30pm - 1:45pm

At the Compassion Circle we come together to cultivate compassion - for self and others - through inner reflection, emphatic listening, and connection.

How to Walk a Labyrinth

Interactive Demonstration 1:45pm - 2:00pm

You will be guided through the three stages of walking a labyrinth.

The Power of Reiki with Jan Peles

Informative session 2:00pm-2:30pm

Jan Peles, Reiki master and owner of White Feather Reiki, LLC. Jan will show the power of how to draw upon your own energy to facilitate emotional, mental, physical and spiritual healing.

OSA Bike Share Program - Bikes available to ride (as available)

Ride a beautiful section of the East Coast Greenway which is right across the street from our historic campus. We offer ten Cross 7-speed bikes to borrow through a no cost app.

Josh Pavano, Head Trainer at Healthtrax. Josh specialities include: functional strength training and movement correction and balance and fall prevention He has the following certifications from the National Academy of Sports Medicine: Certified Personal Trainer, Corrective Exercise Specialization and Performance Enhancement Specialist. Josh has a B.S. in Exercise Science

Darlene Barnes, B.S. in Health Studies, Retired Licensed Nurse, Certified yoga teacher with 15 years of experience, Master Reiki Practitioner and Certified in Osteoporosis. Her teaching and coaching specialty is: Mindful Movement, The art of aging with balance, breath and grace. This program is limited to 20 people.

Megyn Craine has studied and practiced mindfulness meditation for over a decade. With combined degrees in art and family therapy, she bring creativity and a sense of compassion to her work with others. Megyn is delighted to help guide people towards their own growth and healing.

Jan Peles, owner of White Feather Reiki, LLC is a Reiki Master practicing in the traditional Usui system of Reiki healing and is certified in Reiki I, Reiki 2, and Reiki 3. She received her training from Reiki Master Debbie Koski in January 2023. Jan is committed to sharing Reiki with all who seek greater wholeness, love and connection.

Faith DesRocher is a licensed massage therapist and owner of her own practice with a space in the lower level at Old St. Andrew's Church. She has been working in this field for several years and uses therapeutic massage therapy with her clients to relieve pain and stress.