



GIVING THANKS

The **Month of November** is the month to reminds us to stop, reflect and give thanks of everything that has taken place over the year. As we go into the month for gratitude and thankfulness, the first step is to allow yourself to stop and self-reflect. Once way to do that is meditation and relaxation. Tai Chi, Martial Arts and Massage Therapy are great ways to help you slow down to self reflect on what you are grateful for.



Benefits of Deep Tissue Massage

- Releases adhesion (knots)
- Improves posture
- Helps with chronic pain
- Increases sports performance/ exercise
- Improves posture
- Reduces stress

Benefits of Sports Massage/ Stretch

- Increases Performance
- Helps with recovery
- Improves flexibility and mobility (range of motion)
- Improves mental health
- Decreases chance of injury
- Reduces stress

Benefits of Tai Chi

Tai Chi emphasizes on softness and balance. Tai Chi has been used for centuries for meditation, mindfulness and its tremendous health benefits. When combined with standard treatment, Tai Chi has been proven to show positive benefits for arthritis, low bone density, breast cancer, heart disease, heart failure, hypertension, Parkinson's disease, sleep problems and stroke according to the Harvard Health Publications.

Benefits of Martial Arts

- Form of Movement Meditation
- Increase Focus of Mind
- Increase Control of Emotions

Benefits of Swedish Massage

- Reduces Muscle Tension
- Improves Recovery
- Promotes relaxation and relieves anxiety
- Helps with digestion
- Improves flexibility and mobility
- Relieves headaches
- Helps with insomnia

- Enhances Deep Breathing
- Promotes Relaxation
- Improve Mental Health



Tai Chi Level 1 Sundays @ 11am

Join us for a 35 min class to energize your week. Instructor GM Ralph Bergamo. Yang Style / Beginner form 1

Tai Chi Monthly Membership
\$59 per month (tax included)
1 class per week

Questions? Please give us a call
203-272-3113 or 203-444-4322

Massage Therapy

Fully Clothed

Call for more details
203-272-3113 or 203-444-4322



Introductory Offer!

FREE

15 minutes
Massage Therapy Session

New Massage Clients Only. Schedule by Appointment. Free 15 min session must be scheduled between 11/1/18 – 11/30/18. Offer Valid Thru 11/30/18.

Call 203-272-3113 to schedule you FREE session today!

Meet Our New

Nicholas Palmieri

Massage Therapist



NASM Certified Personal Trainer
Corrective Exercise NASM Certified
Licensed Massage Therapist
CPR/AED Certified

"I have been a licensed massage therapist for three years. I specialize in deep tissue, sports massage and Swedish massage. I have experience in working with athletes as the demand for massage is necessary to help them recover and restore their bodies, so it can help them increase their performance. I work with many people with chronic pain whether it's from injuries that never completely healed, sedentary lifestyle, certain health conditions, or a muscle imbalance within the body."



5 Ways to Bring Mindfulness to Your Martial Arts Practice

(Click Title to Read Article)

By Cameron Conaway

**Breathe * Interconnect
Recognize Privilege * Visualize
Give**

BMA Martial Arts

Tuesday

6:00-7:00 Beginners ages 5-9

6:00-7:00 Intermediate and ages 10+

7:00-8:30 Adults

Wednesday

7:00-8:00 Open Class kids and adults

Thursday

6:00-7:00 Intermediate and ages 10+

7:00-8:30 Adults

Saturday

11:00-12:00 Open class kids and adults

**BMA Monthly Membership
\$69 per month (includes tax)**

1 class per week



Our Martial Arts Program offers something for everyone, all ages, and all levels.

Questions? Please give us a call
203-272-3113 or 203-444-4322

BPT Fitness & Bergamo Martial Arts | 460 West Main St, Cheshire, CT 06410