

THE HEART OF HEALING

Try internal time travel at the clock tower



White Mountain Yoga's Syl Carson practices stress-free stretches.

The clock tower at Cottontree Square in Provo now offers cleansing classes beneath its cogs.

The White Mountain Center for Yoga and Therapeutic Studies took up residence in the tower just a few months ago when founder Syl Carson saw a fated for-sale sign.

"It just had the right chi," jokes Syl.

One of only two Thai Yoga practitioners in the state, Syl has more than 10 years and 7,000 hours of experience. And she's using her training to help county residents become centered.

Yoga, Movement and Pain Management is geared toward chronic pain sufferers. And, as with all of Syl's classes, no pretzel-like propensities are required. In fact, the real focus of this calming course is a mindset makeover. Syl believes pain is information and should be treated as a message rather than a punishment. Through breathing, several forms of yoga and acupressure, Syl helps her clients practice away persistent pain.

The Valentine's Guided Partner Thai Yoga Weekend is another way to sigh away stress. This session is open to all kinds of "couples" — friends, mother-daughter teams, spouses — and also doubles as an introduction for those interested in becoming certified in Thai Yoga therapy.

Classes and events are held year-round, including the annual Women's Retreat in May.

For more information, visit www.whitemountainyoga.com.

February 16 – March 15

VISIONS

SCERA Center for the Arts
340 E. 720 South, Orem

VISIONS celebrates the artwork of Utah college, high school and junior high school students. An opening reception will be held Feb. 16 from 6:30 p.m. to 8:30 p.m. The public is welcome. For more information call (801) 225-ARTS.

DANCE

Ongoing

Orem Community Dance

Orem Senior Friendship Center
93 N. 400 East, Orem

8 p.m. to 11 p.m.

\$5

Dances are hosted every Saturday night, featuring a variety of bands as well as college-age adults and older. Call (801) 229-7110 for more information.

January 31 – February 2

Dance in Concert

BYU de Jong Concert Hall

7:30 p.m., 2 p.m. Saturday matinee

\$5

Call (801) 422-7664 or visit performances.byu.edu for tickets and more information.

January 4 – 12

Rhythm of Ireland

SCERA Center for the Arts, Orem

7:30 p.m.; Saturday matinee at 2 p.m.

\$10 for adults, \$8 for children, seniors and students

Don't miss Utah's premier Irish Dance Company in a performance featuring live music from local pipe bands and dancers from two certified Irish dance schools. For more information call (801) 225-ARTS.

MUSIC

Ongoing

Tunes and Tours

Every second and fourth Monday of the month

The Gordon B. Hinckley Alumni and Visitors Center at BYU

1230 N. West Campus Drive, Provo

5 p.m. to 7 p.m.

Free

This event includes performances by some of the university's top musicians and a tour of the Hinckley Center main floor. For more information visit alumni.byu.edu.

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—Utah Valley Magazine

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www.mainspringdayspa.com



801-224-5780

502 South State Street

Orem, UT

(lower level of Good Earth Look for the green canopy)