

Darien Community Wellness Extends Its Stay at Noroton Heights Shopping Center

Author : David Gurliacci

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The co-proprietors of Darien Community Wellness, a holistic and integrative wellness center, have announced that they are extending the pop-up business's stay at the Noroton Heights Shopping Center into 2019.

Darien Community Wellness, at 300 Heights Road, next to Heights Pizza, offers a range of holistic and integrative therapies, BEMER Sessions, fitness classes, wellness workshops. It is a joint venture of Allison Stolar, CEO of Inspire Train Fit, and Margarita Xistris of Darien Community Wellness.

Services currently offered at the center include corrective exercise, PNF stretching, fascia release therapy, fitness classes, yoga, aromatherapy, meditation, Reiki, and BEMER Sessions as well as wellness workshops and other events.

Offerings coming in the New Year include yoga classes, stretching classes, wellness workshops, Reiki healing circles, meditation, dream board workshops, Thai massage, acupuncture sessions and additional BEMER sessions and training.

The center also has a selection of wellness related items and accessories for anyone looking for last-minute holiday gifts and stocking stuffers — from handmade scarves, inspirational beaded wellness bracelets and active fitness apparel to essential oil rollers and room mists. Gift certificates for training sessions and BEMER sessions are also available.

Darienite

News for Darien

<https://darienite.com>

Artist Kevin Dailey whose works grace the walls is offering 20 percent off his pieces in December.

The center's hours of operation are Monday to Friday from 9 a.m. to 6 p.m., and weekends by appointment. Extended hours also are available by appointment.

Stolar and Xistris are planning to expand their BEMER team this coming year. Anyone interested in learning more about why this cutting-edge European medical technology is the wave of the future, and attending a related training to become a distributor, should contact them immediately.

The next BEMER Academy will be held in March in Norwalk and these training sessions sell out quickly.

For more information on Darien Community Wellness, and to register for events, contact Allison Stolar at allison@inspiretrainfit.com or Margarita Xistris at margarita.xistris@bemermail.com.