

Various New Offerings at Holistic and Integrative Wellness Center in Darien

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Allison Milano-Stolar, CEO of Inspire Train Fit, is pleased to announce the spring offerings of her health and wellness business and the Holistic & Integrative Wellness Center in Darien.

— *an announcement from the* [Holistic & Integrative Wellness Center](#)

“Inspire Train Fit focuses on improving people’s overall lifestyle and longevity through the eight dimensions of wellness: Spiritual, Emotional, Intellectual, Physical, Social, Cultural, Occupational, Environmental and Financial,” says Milano-Stolar. “Being physically fit does not necessarily mean you are healthy or disease free. Wellness involves every area and dimension of your life.”

The focus of Milano-Stolar’s training and wellness services include functional mindful movement, stress reduction, holistic healing modalities, injury prevention and recovery for athletes, and optimizing longevity and performance.

In addition, Inspire Train Fit offers Functional Movement Assessments, Corrective Therapeutic Exercise, PNF Stretching, Myofascial Release Technique, Kinesio Taping, Mat Pilates, Yoga, and BEMER Therapy Sessions.

Milano-Stolar, who has more than 20 years experience in the health and wellness industry, is currently available for private bookings at a home or office, as well as at the Holistic & Integrative Wellness Center,

which is located in Noroton Heights at 300 Heights Road in Palmer's Shopping Center.

Art by Jacqueline deMontravel

Its gallery walls this spring feature the modern and airy abstract works of local artist Jacqueline deMontravel, who draws on her experience as a creative director, editor, writer, designer, photographer and stylist, and whose artistic influences include Matisse, Picasso and Milton Avery.

One of the largest pieces on exhibit is titled "Soul Smile," in tribute to a saying Milano-Stolar has framed on the wall of the Wellness Center: "Take time to make your soul happy."

The painting will be a focus in the center this spring and, Milano-Stolar says, is the perfect way to help illustrate the link between art and wellness.

"Ultimately what my business is about is lifting people up, showing them the light within and inspiring their soul," Milano-Stolar said.

Vinyasa Yoga Classes

This May the Wellness Center will offer Vinyasa Yoga Classes with Linda Parentice on Wednesdays and Fridays from 12 p.m. to 1 p.m., Mat Pilates with Stolar on Tuesdays and Thursdays from 10:45 a.m. to 11:45 a.m.; and Stretch & Mobility classes with Stolar on Mondays and Fridays from 10:45 a.m. to 11:45 a.m.

Free BEMER Therapy Sessions

As a special offer for those who want to explore the benefits of BEMER Therapy, the Wellness Center is offering free sessions to first time clients during the month of May. (Please call for an appointment.)

BEMER stands for Bio Electro Magnetic Energy Regulation. This breakthrough medical technology has been proven to improve blood flow, strengthen cardiac function and enhance your body's nutrient and oxygen supply — as well as promote mental acuity, reduce stress and improve sleep.

More About the Center

The Wellness Center's regular hours of operation are Monday to Friday from 9 a.m. to 6 p.m., and weekends or extended hours by appointment.

(Note: Due to planned construction at the shopping center, the facility will be relocating after May; stay tuned for an announcement on its future location.)

Darienite

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For more information about Inspire Train Fit, LLC and the Holistic & Integrative Wellness Center, contact Allison Milano-Stolar at allison@inspiretrainfit.com.