

January 2018



Weekly Sessions

All sessions free.

Drop ins welcome.

Good food provided.

Mondays

9:00-10:00 am Guided Group Meditation
10:15-11:15 am Gentle Tai Chi
11:30-12:30 pm 12 Steps for Healing

Tuesdays

9:00-10:00 am Guided Group Meditation with Art
10:15-11:15 am Poetry
11:30-12:30 pm 12 Steps for Healing
1:30-3:30 pm Special class each week! **NEW!!**
1/9: No afternoon class – staff meeting
1/16: Awakening One Communication: an intro to NVC
1/23: Community Pizza Party and games
1/30: Sound Healing

Wednesdays

9:00-10:00 am Yoga
10:15-11:15 am Spiritual Life Discussion
11:30-12:30 pm 12 Steps for Healing
1:30-3:30 pm Creative Writing **NEW!!**

Thursdays

9:00-10:00 am Guided Group Meditation
10:15-11:15 am Gentle Movement
11:30-12:30 pm 12 Steps for Healing
1:30-2:30 pm Yoga **NEW!!**

Fridays

9:00-10:00 am Yoga
10:15-11:15 am Storytelling
11:30-12:30 pm 12 Steps for Healing
1:30-2:30 pm Art **NEW!!**
2:30-3:30 pm Open community time – play games & socialize

The Healing WELL will be CLOSED Monday, January 15th
for MLK Day

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Class Descriptions

Meditation

Whether lying on mats or sitting in chairs, participants are guided toward a state of thoughtful awareness and calm. Approaches vary, ranging from conscious breathing to guided imagery.

Tai Chi

This soft martial art involves a series of movements performed in a slow, focused manner. Designed to increase well-being and balance, as well as to reduce stress, it is meditation in motion.

Poetry

Through reading, discussing and creating the written word in a small group, participants experience the healing power of poetry. They discover and celebrate their own wisdom and beauty, which is sometimes inaccessible through ordinary language.

Yoga

This practice includes breathing techniques, simple meditation, and the adoption of specific bodily postures. Widely practiced for health and relaxation, it creates balance in the mind and body by developing strength, endurance and flexibility. Approaches vary with different teachers, ranging from slow flowing movements to gentle holding of postures.

Spiritual Life Discussion

Drawing upon the wisdom and practices of diverse traditions, participants reflect upon and discuss themes that deepen their understanding of and connection to themselves and the community.

Storytelling

The art and importance of oral storytelling is evident through ancient times as a way to keep cultures and traditions alive. The facilitator leads the group in the creation and sharing of real and fictional stories – both collective and individual - through various prompts.

12 Steps for Healing

Similar to an AA or NA group, this lunch-time support group invites participants to reflect upon, share about and discuss issues which affect their everyday lives. Participants choose the topics, and respectful cross talk is allowed. The group is facilitated by an experienced volunteer.

Art

Tapping into our creativity, participants will have the opportunity to create projects, sometimes led by an instructor or self-directed in an open studio. All materials provided, just bring your imagination!

Creative Writing

This class provides an exploration of life and experiences through the written word. Led through different exercises and prompts, participants will have the opportunity to explore many different genres of writing. Sharing of writing is always appreciated but never expected.