

July 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  
1-2pm Gentle Movement in the Park (Turk-Hyde Mini Park)

**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  
Afternoons Special classes and events!  
7/10 Closed for meeting  
7/17 (1:30-3 pm) Folk Music & Singing  
7/24 (12:30-2 pm) Community Forum & Pizza Party

**Wednesdays**

9:00-10:00 am Yoga  
10:15-11:15 am Spiritual Life Discussion  
11:30-12:30 pm 12 Steps for Healing  
1:30-3:00 pm Creative Writing  
3:30-4:30 pm Improv Theatre & Games *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

**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  
2:30-3:30 pm Community Time & Movie

**The Healing WELL will be closed on Wednesday, July 4.**

\*We also offer one-on-one Reiki and Healing Touch sessions by appointment. Call or stop in for more details.

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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; Tai Chi 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 inner wisdom, beauty, and creativity.

### **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.

### **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**

Come tell your story! The art and importance of oral storytelling is evident through ancient times to keep cultures and traditions alive. Participants share personal stories 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 explore various writing genres.

### **Improv Theatre & Games**

Come play theatre games and explore character with us! The instructor leads participants through various warm ups and improv games. All are welcome and encouraged—from beginners to seasoned thespians.