March 2020
Weekly Sessions
All sessions are free
Drop-ins welcome

**NEW!** Tai-Chi @Boedekker Park *(meet at HW@8:50am)*

- Mondays
  - 9:00-10:00 am
  - 10:15-11:15 am
  - 11:30-12:30 pm
  - 1:30-2:30 pm

- Tuesdays
  - 9:00-10:00 am
  - 10:15-11:15 am
  - 11:30-12:30 pm
  - 12:30-2:00pm
  - 2:30-4:00pm

- Wednesdays
  - 9:00-10:00 am
  - 10:15-11:15 am
  - 11:30-12:30 pm
  - 1:15-2:45 pm

- Thursdays
  - 9:00-10:00 am
  - 10:15-11:15 am
  - 11:30-12:30 pm
  - 1:15-2:15 pm

- Fridays
  - 9:00-10:00 am
  - 10:15-11:15 am
  - 11:30-12:30 pm
  - 1:30-3:00 pm
  - 3:00-4:15pm

Guided Group Meditation
12 Steps for Healing

**NEW!** Group Ear Acupuncture *(sign up@desk)*- class is canceled on 3/9/20 ONLY

Sound Healing
Poetry

Community Forum *(3/31/20)*
Leadership Intern Program meeting *(contact us for more information)*

Yoga (on mats)
Community Discussion: Nurturing Our Souls
Creative Writing

Guided Group Meditation (in chairs)

**NEW!** Human Movement Dance Workshop *(4-wk series) begins 3/12/20*

Restorative Yoga (on mats)
The Mask We Wear- Art exhibit/program with the Women’s Center @Glide Memorial *(3/19/20)*

Yoga (on mats)
Health Education

Art & Community time
Sidewalk Party *(3/6/20)*

*We offer one-on-one Reiki, Spiritual Direction and Healing Touch. Call to set up an appointment.*

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 SESSION DESCRIPTIONS

**Acupuncture** is a form of alternative medicine based on the idea that the ear is a micro system, which reflects the entire body, represented on the auricle, the outer portion of the ear.

**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.

**Chinese Zumba**
This moving meditation is a very low-impact exercise that puts minimal stress on joints and muscles. The postures flow together without pause, and include both standing and balancing postures. (at Boeddeker Park)

**Poetry**
Through reading, discussing and creating the written word in a group, participants experience poetry’s healing power. 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. Approaches vary with different teachers, ranging from slow flowing movements to gentle holding of postures.

**Community Discussion: Nurturing Our Souls**
Participants use this platform to have open and rich discussions about general topics and themes that are relevant and impactful to deepening personal spiritual journey.

**Health Education- Ask A Nurse**
Informational session on a health-related topic (e.g., skin care, managing blood pressure), and then an open forum. Bring health concerns you may have to The Healing WELL. Together, a nurse will help you find the answers you need.

**12 Steps for Healing**
This support group invites participants to reflect upon and discuss how the 12-Steps apply to issues which arise their everyday lives. While many participants are working on their alcohol and/or drug addictions, all people are welcome.

**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.

**Healing Touch/Reiki** This offering provides one-to-one therapeutic touch designed to help participants ease stress and tension and reconnect with their bodies. HT and Reiki are forms of energy healing.

**Sound Healing**
Through listening to the vibrations of Himalayan singing bowls, this practice helps release tension and promote emotional balance.

**Spiritual Direction** is a one on one conversation and accompaniment for those who are wanting to explore their relationship with Spirituality and/or their higher power.