

April 2020



Weekly Sessions

All sessions are free

Drop-ins welcome

Healing WELL has moved to online classrooms while we shelter- in-place. Please continue to check the schedule below for updates, links and phone numbers to our sessions. To join us please click the highlighted links **Or call in: 877 853 5257 US Toll-free and use the ID code listed by each class**

**Mondays**

9:00-10:00 am

**Chinese Zumba- Meeting ID 615 796 185**  
<https://us04web.zoom.us/j/615796185>

**Tuesdays**

9:00-10:00 am

**Sound Healing -Meeting ID: 916 764 975**  
<https://us04web.zoom.us/j/916764975>

10:15-11:15 am

**Poetry w/ Pat and Mary Ann-Meeting ID 733-600-458**  
<https://us04web.zoom.us/j/733600458>

**Wednesdays**

9:00- 10:00 am

**Yoga w/ Alex- Meeting ID 865 804 699**  
<https://us04web.zoom.us/j/865804699>

10:15-11:15 am

**Spiritual Life: Nurturing Our Souls- 194-706-672**  
<https://us04web.zoom.us/j/194706672>

**Thursdays**

9:00-10:00 am

**Guided Meditation w Hatt- ID 659 898 436**  
<https://us04web.zoom.us/j/659898436>

**Fridays**

9:00-10:00 am

**Yoga-Meeting ID 121-303-606**  
<https://us04web.zoom.us/j/121303606>

10:15-11:15 am

**Ask a Nurse w/ Micaela Meeting ID 207-122-535**  
<https://us04web.zoom.us/j/207122535>

**If you are interested in joining our daily virtual 12 step meeting from 11:30-12:30 pm please call us at 415.500.2099 for more details.**

April 2020

All sessions are free



Weekly Sessions

Drop-ins welcome

## 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.

April 2020



Weekly Sessions

All sessions are free

Drop-ins welcome

**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.