April 2020 The All sessions are free



Weekly Sessions **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

<b>Mondays</b>	Chinese Zumba- Meeting ID 615 796 185
9:00-10:00 am	https://us04web.zoom.us/j/615796185
Tuesdays	Sound Healing -Meeting ID: 916 764 975
9:00-10:00 am	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
<b>Wednesdays</b>	Yoga w/ Alex- Meeting ID 865 804 699
9:00- 10:00 am	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
<b>Thursdays</b>	Guided Meditation w Hatt- ID 659 898 436
9:00-10:00 am	https://us04web.zoom.us/j/659898436

# Fridays

9:00-10:00 am Yoga-Meeting ID 121-303-606 https://us04web.zoom.us/j/121303606

Ask a Nurse w/ Micaela Meeting ID 207-122-535 10:15-11:15 am 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.

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# SESSION DESCRIPTIONS

<u>Acupuncture</u> 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.

#### <u>Yoga</u>

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

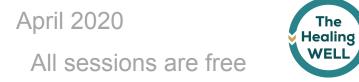
This support group invites participants to reflect upon and discuss how the 12-Steps apply to issues which arise their everyday lives. While many participants are working on their alcohol and/or drug addictions, all people are welcome.

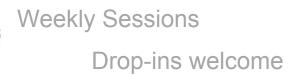
#### <u>Art</u>

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.

The

# 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.