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: 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

11:30-12:30 pm  12 Steps for Healing w/ Sal  Meeting ID: 388-315-067
https://us04web.zoom.us/j/388315067

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

11:30-12:30 pm  12 Steps for Healing w/ Sal- Meeting ID: 388315067
https://us04web.zoom.us/j/388315067

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

11:30-12:30 pm  12 Steps for Healing w/ Sal- Meeting ID: 388315067
https://us04web.zoom.us/j/388315067

Thursdays
9:00-10:00 am  Guided Meditation w Hatt- ID 659 898 436
https://us04web.zoom.us/j/659898436

11:30-12:30 pm  12 Steps for Healing w/ Sal- Meeting ID: 388315067
https://us04web.zoom.us/j/388315067

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

11:30-12:30 pm  12 Steps for Healing Meeting ID: 973 532 331
https://us04web.zoom.us/j/973532331  Password: 081987
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.