

## SESSION DESCRIPTIONS

### Poetry

Through reading, discussing, and creating the written word in a group, participants are invited to experience poetry's healing power. This is a space to 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 adaptation of specific bodily postures. Approaches vary with different teachers, ranging from slow flowing movements to gentle movements to gentle holding of postures.

### Recovery Support Group

The purpose of this group is peer support for addiction recovery. Some of us are facing drug and alcohol addiction. Some are facing other addictions.

This meeting is intended as a complement to, but not a substitute for, a formal program of recovery. While many participants are working on their alcohol and/or drug addictions, all people are welcome.

### Women's Group

This is a weekly virtual gathering for all women with a goal to support each other, heal together, and share from the heart.

### Guitar

In this group participants can learn the basics of how to play guitar and explore sounds together.

### Tai Chi

This class serves as an introduction to Tai Chi with a focus on promoting a sense of well-being, peace, and calm.

### Art Exploration

This class focuses on a different art form every week and invites participants to tap into their intuition and healing through the arts. Once a month, a community member can lead an art session of their choosing.

### Healing Touch

This offering provides one-on-one therapeutic touch designed to help participants ease stress and reconnect with their bodies.

### Zumba

This is a fitness dance class that offers you the space to let loose, have fun, and start your week off strong. No experience required!

### Self defense

In these sessions we will learn techniques such as walking with awareness, escaping different grasps, and performing basic strikes.