



Healing WELL will be CLOSED on Tuesday, 10/8/19

Mondays

9:00-10:00 am	Guided Group Meditation (on mats)
10:15-11:15 am	Gentle Tai Chi
11:30-12:30 pm	12 Steps for Healing
6:00- 8:00pm	<i>Life After Loss: A grief workshop w/ Mary Ann Cooke (October 28, 2019)</i>

Tuesdays

9:00-10:00 am	Sound Healing
10:15-11:15 am	Poetry
11:30-12:30 pm	12 Steps for Healing
1:15-2:15 pm	NEW! Yoga
12:45- 2:00pm	<i>Community Forum & Pizza Party (October 29, 2019)</i>

Wednesdays

9:00-10:00 am	Yoga (on mats)
10:15-11:15 am	Community Discussion: Nurturing Our Souls
11:30-12:30 pm	12 Steps for Healing
1:15-2:45 pm	Creative Writing

Thursdays

9:00-10:00 am	Guided Group Meditation (in chairs)
10:15-11:15 am	Gentle Movement (in chairs)
11:30-12:30 pm	12 Steps for Healing
1:15-2:15 pm	Restorative Yoga (on mats)
2:30-3:30pm	NEW! Group Ear Acupuncture (<i>sign up at the front desk</i>) October 3 and October 17

Fridays

9:00-10:00 am	Yoga (on mats)
10:15-11:15 am	NEW! Health Education
11:30-12:30 pm	12 Steps for Healing
1:30-3:00 pm	Art & Community time
3:00-4:00 pm	Sidewalk Party! (<i>October 4, 2019</i>)

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



SESSION DESCRIPTIONS

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.

Tai Chi

This soft martial art involves a series of movements performed in a slow, focused manner. Designed to increase well-being and balance, as well as to reduce stress; Tai Chi is meditation in motion.

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. Led through different exercises and prompts, participants will have the opportunity to explore many different genres of writing.

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

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.