



Spring 2018 Healthy Living Classes At-A-Glance

CONTEMPLATIVE PRACTICES & STRESS MANAGEMENT

*CULTIVATE EMOTIONAL RESILIENCE
TUE • MAY 15-29 • 12P

EQUINE-IMITY—STRESS REDUCTION
IN THE COMPANY OF HORSES
THU • MAY 10-31 • 4P

EXPERIENCING MEDITATION
TUE • APRIL 24-MAY 1 • 12:15P

*FIVE TIMES TEN: 10 MINUTE MINDFULNESS
PRACTICES TO DO ANYTIME, ANYWHERE
TUE/THU • APRIL 24-MAY 17 • 11:30A

LIFE'S PURPOSE WORKSHOP: EXPLORING PURPOSE FOR
HEALTH, HAPPINESS, AND LONGEVITY
WED • MAY 2-30 • 12P

MINDFUL SELF COMPASSION
THU • APRIL 12-JUNE 7 • 12P

MINDFULNESS-BASED STRESS REDUCTION (MBSR)
TUE • APRIL 3-MAY 22 • 7P

*RESILIENCE 201
THU • MAY 3-JUNE 7 • 12P

*THE HEROIC JOURNEY: A CREATIVE PATH
TO TRANSFORMATION
THU • MAY 3-24 • 5:30P

WALKING MINDFULLY IN NATURE

PESCADERO CREEK COUNT PARK SAT • APRIL 28 • 10A

MONTE BELLA OPEN SPACE SAT • MAY 12 • 10A

UPPER STEVEN'S CREEK COUNTY PARK SAT • MAY 19 • 10A

WISDOM THERAPY-ALL WE NEED IS LOVE & WISDOM
SAT • MAY 12 • 9A

ONLINE

LANTERN - PROGRAM FOR REDUCING STRESS,
ANXIETY OR DEPRESSION
ROLLING START

PERSONALIZED OFFERINGS

EQUINE-IMITY SOMATIC HORSEMANSHIP
PERSONALIZED STRESS REDUCTION
ROLLING START - APPTS TBD

HEALTH ENRICHMENT

CLIMATE CHANGE: WHAT YOU CAN DO
WED • MAY 23-JUNE 6 • 6:30P

CPR AND AED MON • MAY 7 • 1P

FIRST AID MON • MAY 14 • 1P

GROUP DRUMMING - MAKING RHYTHM AND MUSIC FOR
YOUR BODY, MIND, AND HEART
MON • APRIL 30-MAY 21 • 5:15P

HEALING TOUCH INTERNATIONAL CERTIFICATE PROGRAM
LEVEL 3: ADVANCED HEALER PREPARATION
SAT/SUN • APRIL 28-29 • 9A

IS AN ELECTRIC VEHICLE RIGHT FOR YOU?
THU • MAY 17 • 5:30P

*KNOWING OURSELVES: EXPLORING THE ENNEAGRAM
SAT • APRIL 21 • 10A

SPINEFULNESS PLUS: PUTTING "SPRING" BACK
INTO YOUR STEP
TUE • MAY 1-JUNE 5 • 6P

SPRING CLEANING-YOGI STYLE!
MON • APRIL 23-30 • 11:30A

THE AYURVEDA ALGORITHM
SAT/SUN • MAY 5-6 • 10A

THE GOKHALE METHOD: NO MORE ACHES & PAINS
SUN • APRIL 29 & SAT • MAY 19 • 9:30A

ONLINE

SLEEPIO -DIGITAL SLEEP IMPROVEMENT PROGRAM
ROLLING START

*WEBINAR: ATRIAL FIBRILLATION - SYMPTOMS,
CAUSES, AND TREATMENTS
TUE • MAY 22 • 12P

*WEBINAR: NON-MEDICATION TIPS AND TRICK TO PREVENT
AND CONTROL HYPERTENSION
FRI • MAY 18 • 12P

PERSONALIZED OFFERINGS

ACTIVE TRANSPORTATION COUNSELING™

*PERSONALIZED FITNESS DESIGN

SITTING COMFORTABLY AT YOUR COMPUTER STATION

SMOKING CESSATION: INTENTIONAL QUITTING

WELLNESS COACHING

ROLLING START - APPTS TBD

NUTRITION/WEIGHT MANAGEMENT

*HEALTHY BODY, HEALTHY ME
TUE • MAY 8 • 12P

HEALTHY KITCHEN: THE MEDITERRANEAN WAY
THU • MAY 3 • 1P & MAY 10 • 12:45P

MINDFUL EATING: MAKING HEALTHY CHOICES & MANAGING
WEIGHT THROUGH EATING WITH INTENT
WED • APRIL 18-MAY 9 • 12P

*THE ART OF SNACKING
FRI • APRIL 27 • 12P

WAIST MANAGEMENT
WED • MAY 30 • 12P

WEIGHT MANAGEMENT: STARTING THE JOURNEY
WED • APRIL 25-JUNE 13 • 5:30P

WINNING THE LONG GAME: STRATEGIES FOR KEEPING
WEIGHT OFF FOR GOOD
TUE • MAY 1-29 • 5:30P

ONLINE

KURBO - MOBILE HEALTH COACHING PROGRAM
OMADA - WEIGHT-LOSS PROGRAM FOR PREVENTION
OF DIABETES AND HEART DISEASE
ROLLING START

PERSONALIZED OFFERING

PERSONALIZED NUTRITION COACHING
ROLLING START - APPTS TBD

Full class descriptions and REGISTRATION

hip.stanford.edu

Most Healthy Living Classes are
STAP/EA funds eligible

*New Offerings