



# Summer 2018 Healthy Living Classes At-A-Glance

## CONTEMPLATIVE PRACTICES

### & STRESS MANAGEMENT

\*EMBODYING THE DIVINE AND DIVING THE BODY

TUE • JULY 10-19 • 5:15P

EQUINE-IMITY—STRESS REDUCTION

IN THE COMPANY OF HORSES

THU • JULY 12-AUG 2 • 4P

FINDING YOUR BALANCE WITH HEARTMATH

THU • AUG 9 • 1:30P

5 X 10: TEN MINUTE MINDFULNESS PRACTICES

TUE/THU • JULY 31-AUG 23 • 12:00P

HEROIC JOURNEY: FOR PERSONAL TRANSFORMATION

WED • AUG 15 - SEPT 5 • 5:30P

INTUITIVE INTELLIGENCE MEDITATION

WED • JULY 11-18 • 12P

LIFE'S PURPOSE WORKSHOP

WED • AUG 1-29 • 12P

MINDFULNESS-BASED STRESS REDUCTION

TUE • JUNE 26-AUG 14 • 7P

WED • JULY 11-AUG 29 • 6:30A

\*POWER OF THE PAUSE MEDITATION RETREAT

SAT • JULY 14 • 9:30A

SOUND IMMERSION EXPERIENCE - GONG & SINGING BOWLS

THU • JULY 12 & AUG 9 • 6P

SUN ENERGY: INTRO TO BREATHING

WED • AUG 15 • 12P

THRIVING THROUGH CHANGE AND LIFE'S TRANSITIONS

FRI • JULY 27 • 12P

WALKING MEDITATION IN NATURE

PESCADERO CREEK COUNTY PARK SAT • AUG 18 • 10A

UPPER STEVEN'S CREEK COUNTY PARK SAT • JULY 21 • 10A

### ONLINE

HEADSPACE - MEDITATION MADE SIMPLE

LANTERN - REDUCE STRESS, ANXIETY OR DEPRESSION

ROLLING START

\*WEBINAR: EMOTIONAL INTELLIGENCE: A CRUCIAL TOOL TO MANAGE STRESS EFFECTIVELY & EFFICIENTLY

TUE • AUG 7 • 12P

### PERSONALIZED OFFERINGS

EQUINE-IMITY SOMATIC HORSEMANSHIP

PERSONALIZED STRESS REDUCTION

ROLLING START - APPTS TBD

## HEALTH ENRICHMENT

CPR AND AED THU • JULY 26 • 1P

FIRST AID THU • AUG 2 • 1P

CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY

TUE • AUG 7-21 • 1:30P

GROUP DRUMMING - MAKING RHYTHM AND MUSIC FOR YOUR BODY, MIND, AND HEART

MON • JULY 9-JULY 30 • 5:15P

\*INSPIRE: HOW TO BE A WELLNESS MENTOR

THU • JULY 12 • 12:15P

\*KNOWING AND USING YOUR STRENGTHS

THU • AUG 2 • 12P

PARTNER SHIATSU

THU • JULY 12 • 6:15P (NECK & SHOULDER RELEASE)

THU • AUG 23 • 6:15P (HANDS & FEET)

REIKI ENERGY HEALING LEVEL I

WED • JULY 11-AUG • 5:30P

SPINEFULNESS - FOUNDATIONS INTENSIVE

WEEK OF • JULY 12-21 • 12P

SUMMERTIME IN YOUR GARDEN

MON • JULY 9-30 • 5:30P

TIME MANAGEMENT FOR LESS STRESS AND JOY

MON • JULY 23-30 • 12P

TRADITIONAL ORIENTAL MEDICINE SELF-CARE PRACTICES

TUE • JULY 31-OCT 23 • 5:45P

\*VITALITY = VIM = VIGOR: A NEW YOU

WED • AUG 8 • 12P

### ONLINE

\*CHECK UP AND CHOICES

SLEEPIO - DIGITAL SLEEP IMPROVEMENT PROGRAM

ROLLING START

\*WEBINAR: PAIN PSYCHOLOGY - HARNASSING THE POWER OF THE MIND FOR PAIN RELIEF

TUE • JULY 24 • 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

\*GETTING IN THE MOOD: HOW DIET IMPACTS MENTAL WELL-BEING

FRI • JULY 20 • 12P

FOOD TRENDS: WHERE ARE WE NOW?

THU • JULY 26-AUG 9 • 12P

\*HEALTHY KITCHEN: WHAT'S FOR DINNER?

WED • AUG 1-15 • 1:15P

NUTRITION HACKS: TIPS FOR EATING 10% HEALTHIER FOR THE OVER-SCHEDULED

WED • AUG 1-8 • 12P

\*POWER OF BELIEFS ON HEALTH: THE RIGHT MINDSET MEANS SMALL CHANGES YIELD BIG RESULTS

MON • JULY 23 • 12P

UNDERSTANDING THE SCIENCE OF WILLPOWER

TUE • AUG 14 • 12P

### ONLINE

KURBO - MOBILE HEALTH COACHING PROGRAM

OMADA - WEIGHT-LOSS PROGRAM FOR PREVENTION OF DIABETES AND HEART DISEASE

ROLLING START

### PERSONALIZED OFFERING

PERSONALIZED NUTRITION COACHING

PERSONALIZED MENTORING FOR WEIGHT LOSS

ROLLING START - APPTS TBD

Full class descriptions and REGISTRATION

[hip.stanford.edu](http://hip.stanford.edu)

Most Healthy Living Classes are STAP/EA funds eligible

\*New Offerings