<table>
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<tr>
<th><strong>CONTEMPLATIVE PRACTICES &amp; STRESS MANAGEMENT</strong></th>
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| **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 • 12p; Thu • May 2 • 7p |
| **Mindful Self Compassion**  
  Thu • April 12-June 7 • 12p |
| **Mindfulness-Based Stress Reduction (MBSR)**  
  Thu • 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**  
  Rolling Start — Appts TBD |
| **Personalized Stress Reduction**  
  Rolling Start — Appts TBD |

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<th><strong>HEALTH ENRICHMENT</strong></th>
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| **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**  
  Rolling Start — Appts TBD |

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<tr>
<th><strong>NUTRITION/WEIGHT MANAGEMENT</strong></th>
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| **Healthy Body, Healthy Me**  
  Tue • May 8 • 12p |
| **Healthy Kitchen: The Mediterranean Way**  
  Thu • May 3 • 12p & 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 3 • 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  
_rip.stanford.edu_  
Most Healthy Living Classes are STAP/EA funds eligible  
*New Offerings*