CONTEMPLATIVE PRACTICES & STRESS MANAGEMENT

*Embodying the Divine and Divining 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 • 6:30p

*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 - Harnessing 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 5-15 • 11:30p

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

Most Healthy Living Classes are STAP/EA funds eligible

*New Offerings