

MARCH 2019



FREE support programs for cancer patients and survivors.

For more information: (310)299-8473 or Magnoliahouse@towercancer.org

MAGNOLIA HOUSE
PATIENT SUPPORT

Mon	Tues	Wed	Thu	Fri
				1 Restorative Yoga 8:30am - 9:30am Step Aerobics 10:00 - 11:00am
4 Step Aerobics 8:00 - 9:00am Yoga: Balance & Flow 9:30am - 10:30am SURjGE 2.0 (session 1) 11:00 - 11:50am SURjGE 2.0 (session 2) 12:00 - 12:50pm Oncology Skincare Treatment 10:00 - 2:00pm	5 Yoga for Vitality 9:00am - 10:00am Mat Pilates 10:30 - 11:15am	6 Self-Hypnosis 9:00 - 10:00am Crystal Sound Yoga 10:00 - 11:00am Individual Therapy 11:30 - 4:00pm SURjGE Circuit 12:00 - 1:00pm SURjGE 1.0 1:15 - 2:15pm	7 Yoga: Stamina & Stability 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Individual Therapy 3:00 - 4:00pm Belly Dancing 11:30 - 12:30pm Reiki Circle 1:00 - 3:00pm	8 Restorative Yoga 8:30am - 9:30am Step Aerobics 10:00 - 11:00am EFT Tapping 12:00 - 1:45pm
11 Step Aerobics 8:00 - 9:00am Yoga: Balance & Flow 9:30am - 10:30am SURjGE 2.0 (session 1) 11:00 - 11:50am SURjGE 2.0 (session 2) 12:00 - 12:50pm	12 Yoga for Vitality 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Yoga Sculpt 2:00pm - 3:00pm	13 Restorative Yoga 10:00 - 11:00am Individual Therapy 11:30 - 4:00pm SURjGE Circuit 12:00 - 1:00pm SURjGE 1.0 1:15 - 2:15pm	14 Yoga: Stamina & Stability 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Individual Therapy 3:00 - 4:00pm Belly Dancing 11:30 - 12:30pm	15 Restorative Yoga 8:30am - 9:30am Step Aerobics 10:00 - 11:00am
18 Step Aerobics 8:00 - 9:00am Yoga: Balance & Flow 9:30am - 10:30am SURjGE 2.0 (session 1) 11:00 - 11:50am SURjGE 2.0 (session 2) 12:00 - 12:50pm Oncology Skincare Treatment 10:00 - 2:00pm	19 Yoga for Vitality 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Nutrition-Rich Sauces and Dressings 1:30 - 3:30pm	20 Crystal Sound Yoga 10:00 - 11:00am Individual Therapy 11:30 - 4:00pm SURjGE Circuit 12:00 - 1:00pm SURjGE 1.0 1:15 - 2:15pm	21 Yoga: Stamina & Stability 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Individual Therapy 3:00 - 4:00pm Belly Dancing 11:30 - 12:30pm Nidra Meditation 1:30 - 3:00pm	22 Restorative Yoga 8:30am - 9:30am Step Aerobics 10:00 - 11:00am
25 Yoga: Balance & Flow 9:30am - 10:30am SURjGE 2.0 (session 1) 11:00 - 11:50am SURjGE 2.0 (session 2) 12:00 - 12:50pm Step Aerobics 1:30 - 2:30pm Mindfulness Meditation 2:30 - 4:00pm	26 Yoga for Vitality 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Move to Improve 11:30 - 12:45pm Sound Healing Meditation 2:00pm - 3:30pm	27 Restorative Yoga 10:00 - 11:00am Individual Therapy 11:30 - 4:00pm SURjGE Circuit 12:00 - 1:00pm SURjGE 1.0 1:15 - 2:15pm	28 Yoga: Stamina & Stability 9:00am - 10:00am Mat Pilates 10:30 - 11:15am Individual Hypno/ Reiki 10:30 - 2:45pm Individual Therapy 3:00 - 4:00pm Belly Dancing 11:30 - 12:30pm	29 Restorative Yoga 8:30am - 9:30am Step Aerobics 10:00 - 11:00am

**Sign up for Classes at: www.towercancer.org/magnolia-house/
 or by downloading the *Mindbody: Fitness* app on your smartphone or tablet!
 8767 Wilshire Blvd. Suite 401, Beverly Hills CA 90211**

Yoga Classes Generously Sponsored by Tower Hematology Oncology Medical Group, Cedars-Sinai



MAGNOLIA HOUSE PROGRAM POLICIES

ELIGIBILITY:

- All classes are FREE to cancer patients, and survivors no matter where treatment was received.
- **Due to limited class size, we are only able to accommodate cancer survivors. Caregivers are welcome to attend select lectures throughout the year when open to the community.**

REGISTRATION:

- All participants are required to create an account and sign a liability waiver prior to participating in any classes.
- **Registration is required for all classes:** Participants can register for all classes offered within one month. **Registration for each upcoming month opens at 8:00 AM on the 25th of the month. Registration closes at 11:55 PM every night and reopens at 8:00 AM every day.** If a class you have requested is full, you can register to be on the "wait list".
- To sign up for classes, visit www.towercancer.org/magnolia-house/ or download the *Mindbody Fitness* app on your smartphone or tablet!

CANCELATION:

- **We ask all members to please cancel at least 24 hours before their scheduled class/appointment through our website, the *Mindbody* app, or by contacting us.**

WAITLIST:

- Participants on the waitlist will be **notified via email/text only** if there is an opening/cancellation. If you are not confirmed for the class, we ask that you not "drop in" to see if there is space in the classroom. If you are enrolled into class from the waitlist we expect you to attend class. If you plan to no longer attend, please cancel your place on the waitlist.

CLASS ARRIVAL POLICY:

- Please arrive **10 minutes early** to class to ensure that class may start on time. Classes will begin on time and end on time in respect of everyone in attendance. **After a 5-minute grace period, no one will be admitted into the class.**
- **Participants should avoid walking through the Tower offices. Participants should use outer hallway door to enter and exit class.**
- If you arrive earlier than 10 minutes prior to class, feel free to wait in our kitchen or lobby. Participants are allowed to enter the class room as early as 10 mins prior to class start time.
- If the "class is in session" sign is on the door, please **do not enter the room late**, so as not to disturb the ongoing class. Anyone who enters class after the 5-minute grace period will be directed out of class by the instructor.

CLASS ETIQUETTE:

- We ask all participants to turn off or silence their phones during class.
- Please take a moment to pick up after yourself and **wipe down the equipment** you have used during class. Disinfecting wipes have been made available for your convenience.

YOGA POLICY:

- Class space is limited. **We ask that you register for no more than 2 yoga classes per week. Participants who exceed the 2 yoga classes per week limit will have their 3rd, 4th, or any additional yoga class automatically canceled by our system.**
- **New participants are required to take *Restorative Yoga* and *Crystal Sound Yoga* before participating in *Yoga for Vitality*, *Yoga for Stamina and Stability*, and *Yoga: Balance and Flow*, which require instructor approval. Note that *Yoga Sculpt*, and *Crystal Sound Yoga* are open to all levels, but do fall within the 2 yoga classes max per week policy.**

SURJGE CLASSES (1.0, 2.0 and Circuit):

- **Participants may only take one SURjGE class per day.**
- **Circuit Class Pre-requisites:** Interested participants need to have SURjGE 1.0 or 2.0 completed and be cleared by our SURjGE Oncological Fitness Trainers. If you have prior experience in exercise, please contact us to determine if it is the appropriate class for you. Instructors may require a medical clearance to participate in the classes.

PRIVATE SESSIONS:

- **Participants are allowed one private session per month from the following categories *Reiki*, *Hypnotherapy*, *Oncology Skincare Treatments*. Does not apply for *Individual Therapy* sessions.**
- **When requesting an appointment via the website or the *Mindbody* app, please note it is only a request. If accepted, you will receive a confirmation email.**

NO PERFUME/SCENTS ALLOWED: While participating in our classes please refrain from wearing perfumes, colognes, scented oils or lotions.

COLD/FLU/SICK: While participating in our classes we ask that you please not attend until you are at least 24 hours' symptom or fever free. You may be asked to leave class if the instructor suspects you are sick.

PARKING: Tower Cancer Research Foundation (8767 Wilshire) will offer participants **validated parking for a maximum of 2 hours per day** (after that there is a \$4 flat rate). No parking validation is provided for classes located at Breastlink Tarzana (18133 Ventura).