



JULY 2018



FREE support programs for cancer patients and survivors.

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

MAGNOLIA HOUSE
PATIENT SUPPORT

| Mon | Tues | Wed | Thu | Fri |
|---|---|--|---|--|
| <p>2</p> <p>Yoga: Balance & Flow <i>(Kathleen Ross-Allee)</i> 9:30am - 10:30am</p> <p>SURjGE 2.0 (session 1) 11:00 - 11:50am</p> <p>SURjGE 2.0 (session 2) 12:00 - 12:50pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> | <p>3</p> <p>Yoga for Vitality <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Oncology Massage 10:00 - 2:30pm</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> | <p>4</p> <p>OFFICE CLOSED</p>  | <p>5</p> <p>Yoga: Stamina & Stability <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> <p>Belly Dancing 11:30 - 12:30pm</p> <p>Reiki Circle 1:00 - 3:00pm</p> | <p>6</p> <p>Restorative Yoga <i>(Kathleen Ross-Allee)</i> 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Food for Life (6-week series) 1:30 - 3:30pm</p> <p><i>No SURjGE Fitness Program Today!</i></p> |
| <p>9</p> <p>Yoga: Balance & Flow <i>(Kathleen Ross-Allee)</i> 9:30am - 10:30am</p> <p>SURjGE 2.0 (session 1) 11:00 - 11:50am</p> <p>SURjGE 2.0 (session 2) 12:00 - 12:50pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> | <p>10</p> <p>Yoga for Vitality <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> | <p>11</p> <p>Restorative Yoga <i>(Alison Crowley)</i> 10:00 - 11:00am</p> <p>Self-Hypnosis <i>(Elie Jahanbigloo)</i> 10:00 - 11:00am</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> | <p>12</p> <p>Yoga: Stamina & Stability <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> <p>Individual Hypnotherapy/ Reiki 10:30 - 2:45pm</p> <p>Belly Dancing 11:30 - 12:30pm</p> | <p>13</p> <p>Restorative Yoga <i>(Kathleen Ross-Allee)</i> 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Food for Life (6-week series) 1:30 - 3:30pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> |
| <p>16</p> <p>Yoga: Balance & Flow <i>(Kathleen Ross-Allee)</i> 9:30am - 10:30am</p> <p>SURjGE 2.0 (session 1) 11:00 - 11:50am</p> <p>SURjGE 2.0 (session 2) 12:00 - 12:50pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> | <p>17</p> <p>Yoga for Vitality <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> <p>Oncology Massage 10:00 - 3:30pm</p> <p>Yoga with Weights <i>(Kathleen Ross-Allee)</i> 2:00pm - 3:00pm</p> | <p>18</p> <p>Crystal Sound Yoga <i>(Alison Crowley)</i> 10:00 - 11:00am</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> | <p>19</p> <p>Yoga: Stamina & Stability <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> <p>Individual Hypnotherapy/ Reiki 10:30 - 2:45pm</p> <p>Belly Dancing 11:30 - 12:30pm</p> <p>Dream Circle 1:00 - 3:00pm</p> | <p>20</p> <p>Restorative Yoga <i>(Kathleen Ross-Allee)</i> 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>Food for Life (6-week series) 1:30 - 3:30pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> |
| <p>23</p> <p>Yoga: Balance & Flow <i>(Kathleen Ross-Allee)</i> 9:30am - 10:30am</p> <p>SURjGE 2.0 (session 1) 11:00 - 11:50am</p> <p>SURjGE 2.0 (session 2) 12:00 - 12:50pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> <p>Mindfulness Meditation 2:30 - 4:00pm</p> | <p>24</p> <p>Yoga for Vitality <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> <p>Move to Improve 12:00 - 1:15pm</p> <p>Sound Healing Meditation 3:00 - 4:30pm</p> | <p>25</p> <p>Restorative Yoga <i>(Alison Crowley)</i> 10:00 - 11:00am</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> <p><i>Registration for the upcoming month opens the 25th of each month!</i></p> | <p>26</p> <p>Yoga: Stamina & Stability <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> <p>Individual Hypnotherapy/ Reiki 10:30 - 2:45pm</p> <p>Belly Dancing 11:30 - 12:30pm</p> <p><i>No Yoga Nidra this month!</i></p> | <p>27</p> <p>Restorative Yoga <i>(Kathleen Ross-Allee)</i> 8:30am - 9:30am</p> <p>Step Aerobics 10:00 - 11:00am</p> <p>EFT Tapping 12:00 - 1:45pm</p> <p>Food for Life (6-week series) 1:30 - 3:30pm</p> <p>SURjGE Fitness Program 1:30 - 5:30pm</p> |
| <p>30</p>  <p><i>By Appointment only. Located at B2V Salon!</i></p> | <p>31</p> <p>Yoga for Vitality <i>(Alison Crowley)</i> 9:00am - 10:00am</p> <p>Mat Pilates <i>(Ann Barbour)</i> 10:30 - 11:15am</p> | | | |

Register for Classes at: www.towercancer.org/magnolia-house/
or download the **Mindbody: Fitness** app on your smartphone!

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. Should your caregiver be your transportation, they are more than welcome to wait in our kitchen or patio while you participate in class. Caregivers are welcome to attend select evening lectures, that are held every other month, 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 opens the 25th of each month.** If a class you have requested is full, you can register to be on the "wait list".
- To register for classes, visit www.towercancer.org/magnolia-house/ or download the *Mindbody Fitness* app on your smartphone!

CANCELTION:

- We ask all members to please cancel at least 24 hours before their scheduled class/appointment.
- If you miss more than two classes during a one-month period without canceling 24 hours or more in advance through *MindBody* or by contacting us, you will be waitlisted for all classes during the following month.

WAIT LIST:

- Participants on the wait list will be **notified via email only** if there is an opening/cancelation. If you are not confirmed for the class, we ask that you not "drop in" to see if there is space in the classroom.

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.**
- If you arrive earlier than 10 minutes prior to class feel free to wait in our kitchen. Participants are allowed to enter the class room as early as 10 mins prior to class start time. **Repeated late arrivals may** result in being waitlisted for future classes during the next month.
- 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 by the instructor to the front desk.

CLASS ETIQUETTE:

- We ask all participants to turn off or silence their phones during class.
- Please take a moment to **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**
- **Pre-Requisite: Yoga for Vitality, Yoga: Stamina and Stability, and Yoga: Balance and Flow** classes require instructor approval and attendance in at least one restorative yoga class is required. Note that *Yoga with Weights*, *Yoga Nidra*, and *Crystal Sound Yoga* fall within the 2 yoga classes max per week policy

REIKI/HYPNOTHERAPY:

- A total of two Reiki and/or Hypnotherapy sessions may be taken per month. **When requesting an appointment via the website or the *Mindbody* app it is only a request. If accepted you will receive a confirmation email.**

ONCOLOGY MASSAGE:

- Participants are allowed one Oncology Massage per month. **When requesting an appointment via the website or the *Mindbody* app 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 will offer participants **validated parking for a maximum of 2 hours per day** (after that there is a \$4 flat rate).