

CLASS DESCRIPTIONS



MAGNOLIA HOUSE
PATIENT SUPPORT

FREE support programs for cancer patients and survivors.

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

CLASS	DESCRIPTION	FACILITATED BY
Belly Dancing	This beginner class is taught by a certified yoga therapist, belly dance enthusiast, and cancer survivor, who will keep you in a safe range of motion while encouraging you to have fun! Celebrate your inner goddess in this art form of playful dance movement! We will play with easy movement isolations, shimmy drills, hip gliding and hip articulations. It's all about finding expression in movement to translate the rhythm of the music.	Karin Hoffman, Certified Yoga Therapist
Crystal Sound Yoga	The pure, peaceful sound waves of crystal bowls were first used in ancient Egypt. Their restorative vibrations engage the relaxation reflex, disrupt the pain reflex, and ease our central nervous system to create a deep sense of well-being. By opening up our bodies with specific yoga poses we then fully absorb these restorative sounds, releasing "stuck energy" in the mind and body.	Alison Crowley (C-IAYT) Certified Yoga Therapist, Owner of www.BolsterAndBridge.com - yoga therapy to complement cancer treatment & recovery, Emilia Jimenez, Sound Energy Practitioner, and Petri Taival, Sound Energy Practitioner.
Dream Circle	The power of dreams to reveal the hidden side of consciousness is unmatched by any other process. A Dream Circle is a conversation at the group level that is driven by the interpretation of dreams brought forward by the participants. We offer a monthly Dream Circle and a 6-week <i>Healing Through Dreams</i> series.	Dr. Michael Lennox, psychologist and author of <i>Dream Sight</i> and <i>Llewellyn's Complete Dictionary of Dreams</i>

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<p>Food for Life: Cancer Project</p>	<p>In this 6-week class you will explore how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and reduce the risk of developing cancer.</p>	<p>Kathy Bingham, Certified Food for Life Instructor, Professor of health education specializing in lifestyle medicine, stress management, and plant-based nutrition</p>
<p>Hypnotherapy</p>	<p>Hypnosis is a state of focused attention and concentration similar to meditation. Hypnosis uses relaxation techniques and guided imagery to help direct your awareness toward focusing on suggestions that will help you make positive changes within yourself. Hypnosis can be used to increase motivation or alter behavior patterns and is meant to empower you to move in the direction of your best self.</p>	<p>Brian Kukan, Certified Reiki Master</p>
<p>EFT Tapping</p>	<p>Emotional Freedom Technique (EFT) Tapping combines ancient Chinese acupuncture with modern psychological techniques. We use our fingertips to tap on acupuncture meridians to dissolve accumulations of energy to remove negative emotions, which can reduce pain and eliminate obstacles to achieving positive goals.</p>	<p>Allan Doane, EFT Practitioner & Board Certified Hypnotherapist</p>
<p>Mat Pilates</p>	<p>Pilates focuses on flexibility, improved range of motion, balance and overall poise, all working to lengthen and strengthen the body. A beginner class, instruction emphasizes concentration and breathing, creating a relaxing aspect, while also focusing on muscle and overall awareness through strengthening exercises. This class incorporates versatile props, such as stability balls and magic circles, tools used for a light resistance workout and improving balance.</p>	<p>Ann Barbour, Certified Instructor in GYROTONIC®, GYROKINESIS®, & Pilates methods of conditioning</p>

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<p>Mindfulness Meditation</p>	<p>Mindfulness is an evidence based contemplative practice and mind training. It is used to relive difficulties such as emotional struggles, pain, and self judgement. It is also proven to increase positive emotions such as joy and happiness as well as decrease inflammation in the body and lower our reactivity to stress. Each month we will touch on a subject such as mindful eating, working with thoughts, and increasing positive emotions.</p> <p>We also offer a 6-week <i>Mindfulness: Daily Life series</i>.</p>	<p>Heather Prete, UCLA Certified Mindfulness Facilitator, self-compassion teacher, and mindfulness in recovery coach</p>
<p>Move to Improve</p>	<p>By increasing awareness of your body, this class will help you address physical limitations associated with treatment side effects through flexibility exercises designed to enhance muscular function & prevent injury</p>	<p>Ann Barbour, Certified Instructor in GYROTONIC®, GYROKINESIS®, & Pilates methods of conditioning</p>
<p>Nutritional Workshops</p>	<p><u>Eating for Energy, Boosting Digestion & Nutrition:</u> Learn powerful nutritional eating habits to improve digestion and assimilation.</p> <p><u>Managing Cravings with Nutritional Foods:</u> Explore ways, tips, and foods that can help us control cravings including Yin-Yang foods and the 5 flavors of the earth: sweet, salty, pungent, sour, bitter, and its connection with our body's chemistry.</p> <p><u>Nutritional Cooking & Your Immunity:</u> The human body is colonized by vast number of microbes that help with digestion. Recent studies are shown the relationship between a healthy microbiota and the immune system.</p> <p><u>Sugar Blues, Stress, & Anti-Inflammatory Nutrition:</u> Explore the sugar blues and stress relationship cook delicious dishes with anti-inflammatory nutritional foods and unmask destructive eating habits.</p>	<p>Lilly Padilla, INHC, AADP is the author of Anti-Cancer Habits & Anti-inflammatory Nutrition. She is a Certified Integrative Nutrition Coach, Holistic Nutrition Chef, and 13-year cancer survivor. For more information, visit: www.lillypadilla.com</p>

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Oncology Massage	Oncology massage is the adaptation of massage techniques to safely nurture the body of someone affected by cancer or its treatments. Schedule your appointment today and enjoy a 30-minute private massage session with an oncology massage therapist.	Julia Morrow, CMT, CES, CLT
Reiki	<p>Reiki is an alternative healing approach in which practitioners transfer "universal energy" through the palms of their hands to encourage healing. Whether you believe in the philosophy behind this practice or not, experiencing the light touch of the practitioner can be very soothing!</p> <p>We offer individual reiki sessions with a practitioner, a monthly reiki group circle and a 6-week <i>Reiki 101</i> series throughout the year.</p>	Brian Kukan, Certified Reiki Master
Restorative Yoga	<p>We focus on gentle movement to keep muscles and joints supple, breath work to relax the central nervous system, and meditation to reduce stress and anxiety. We carefully stretch and strengthen the body to soothe the side effects of treatment.</p> <p><i>Recommended for those newer to yoga, in-treatment, and post-treatment looking for a gentle yoga experience.</i></p>	<p>Kathleen Ross-Allee, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs (Mondays)</p> <p>Alison Crowley (C-IAYT) Certified Yoga Therapist, Owner of www.BolsterAndBridge.com - yoga therapy to complement cancer treatment & recovery (Wednesdays)</p>
Step Aerobics	Step aerobics is more than stepping up and down. With only a stair or an elevated platform, you can burn calories and tone muscles throughout your body. A good step aerobic workout also uses your arms to get your heart pumping and your core to maintain balance.	Kathleen Ross-Allee, Certified ACE Fitness Trainer since 1992, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs

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<p>SURJGE: Cancer Fitness Program</p>	<p><i>Survivor's Recovery Journey Through Group Exercise.</i> The SURJGE: Cancer Fitness Program helps you build your strength through an individual fitness regimen designed just for you and supervised by fitness trainers specialized in exercise after cancer treatment. Participants must be willing to attend 1-hour training sessions 3 times per week for 4 months.</p>	<p>Silvie Grote, DrPH, ACSM-RCEP, Registered Clinical Exercise Physiologist, and Sanan Mehserdjian, Certified Oncological Fitness Trainer</p> <p><i>**Clearance from a doctor is required prior to participating.</i></p>
<p>Yoga: Balance & Flow</p>	<p>A yoga practice to balance the body, the breath, and the mind, while creating strength, fluidity, and flexibility. Improve your balance while enjoying the benefits of the mindful movements of yoga asanas (poses) and the subtle flow of the Viniyoga style.</p> <p><i>Recommended for students with more yoga experience and teacher approval is required.</i></p>	<p>Kathleen Ross-Allee, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>
<p>Yoga for Stamina & Stability</p>	<p>We work on strength, stamina, and stability for the body and sharpening the mind with a series of standing poses and intermediate balance work. We explore a deeper range of motion and focus on empowering ourselves, building courage, and enriching our lives.</p> <p><i>Recommended for students with more yoga experience and teacher approval is required.</i></p>	<p>Alison Crowley (C-IAYT) Certified Yoga Therapist, Owner of www.BolsterAndBridge.com - yoga therapy to complement cancer treatment & recovery</p>
<p>Yoga for Vitality</p>	<p>We focus on building strength and flexibility back into the body with a combination of supine, chair, and standing poses. We also use mindfulness meditation to provide a greater sense of emotional peace, to rebuild confidence in our bodies, and to connect back to everyday activities.</p> <p><i>Recommended for those post-treatment, with at least 6-months of yoga experience required.</i></p>	<p>Alison Crowley (C-IAYT) Certified Yoga Therapist, Owner of www.BolsterAndBridge.com - yoga therapy to complement cancer treatment & recovery</p>

***Register for classes at:**
<https://www.towercancer.org/magnolia-house>
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