

# 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](mailto:Aidee@towercancer.org)

CLASS	DESCRIPTION	FACILITATED BY
<b>All Bodies Dance</b>	All Bodies Dance!™ is a simple, accessible approach to dance that anyone and everyone can do because the basic dance movements are adaptable to all bodies and abilities. We harness the power of music to influence mood, community connection and a deep sense of well-being, by dancing to a variety of music.	Marilyn McLaughlin, MFA, RSMT, founder of All Bodies Move!, Multidisciplinary Wellness Specialist, Healing Drum and Health Rhythms Facilitator, Professor of Dance at Loyola Marymount University
<b>Belly Dancing</b>	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	Karin Hoffman, Certified Yoga Therapist
<b>Cancer Rehabilitation Fitness Program</b>	<p>Our customized rehabilitation exercise program helps you build your strength through an individual fitness regimen designed just for you and supervised by trainers specialized in oncological fitness.</p> <p>Workout with trainers 3 times a week for 3 months, then transition to group workouts for the following 3 months.</p>	Silvie Grote, DrPH, ACSM-RCEP, Registered Clinical Exercise Physiologist

CLASS	DESCRIPTION	FACILITATED BY
<p><b>Crystal Bowl Sound Yoga</b></p>	<p>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.</p>	<p>Alison Crowley, E-500 RYT and Certified Yoga Therapist</p>
<p><b>Developing a Home Yoga Practice</b></p>	<p>Develop a safe daily practice in this 6-week strength yoga class that incorporates blending breath, meditation, and yoga poses. This yoga series is offered as a gentle class and also as a strength class throughout the year.</p>	<p>Kathleen Ross-Allee, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>
<p><b>Dream Circle (Healing Through Dreams)</b></p>	<p>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.</p> <p>We offer a monthly Dream Circle and a 6-week Healing Through Dreams series.</p>	<p>Dr. Michael Lennox, psychologist and author of Dream Sight and Llewellyn’s Complete Dictionary of Dreams</p>
<p><b>Food for Life: Cancer Project</b></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>

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<p><b>G.R.A.C.E. for those with advanced stage cancer</b></p>	<p>An educational/support series that aims to help cancer patients with advanced stage disease find meaning in their illness and build internal resiliency regardless of their physical circumstance.</p>	<p>Arash Asher, MD, Director of Survivorship &amp; Rehabilitation at Samuel Oschin Cancer Center, Cedars-Sinai</p> <p>Jeffrey Wertheimer, PhD, Head of Neuropsychology, Cedars-Sinai</p>
<p><b>G.R.A.C.E. for cancer survivors</b></p>	<p>An educational support series that addresses the existential issues that come with a cancer diagnosis including finding meaning in the experience, building resiliency skills to deal with fears of recurrence, and reshaping one's identity post-treatment.</p>	<p>Arash Asher, MD, Director of Survivorship &amp; Rehabilitation at Samuel Oschin Cancer Center, Cedars-Sinai</p> <p>Jeffrey Wertheimer, PhD, Head of Neuropsychology, Cedars-Sinai</p>
<p><b>Hatha Yoga I &amp; II</b></p>	<p>Use specific postures, breathing, and meditation techniques to enhance the functioning of internal organs and body systems.</p> <p>We recommend new participants start in the Hatha Yoga I class.</p>	<p>Alison Crowley, E-500 RYT and Certified Yoga Therapist</p>
<p><b>Heart to Heart: Supporting a Loved One Through the Cancer Journey</b></p>	<p>Specifically designed for <u>caregivers of cancer patients</u>, this 6-week educational support program explores what it means to care for another: the fears, losses, responsibilities, opportunities, and deep sense of purpose.</p> <p>Participants will develop positive strategies to support their loved one through advocacy, appreciation and presence.</p>	<p>Dr. Jan Berlin, Clinical Psychologist, specializing in mindfulness and caregiver issues</p> <p>Michael States L.M.F.T., Psychotherapist, specializing in cancer patient navigation</p>

CLASS	DESCRIPTION	FACILITATED BY
<b>Hypnotherapy</b>	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.	Brian Kukan, Certified Reiki Master
<b>Mat Pilates</b>	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.	Jacquelyn Fischer, Certified Pilates Instructor
<b>Meridian Tapping</b>	Experience hypnosis and tapping by a facilitator! Meridian Tapping is a stress relief technique that combines ancient Chinese acupressure and modern psychology. Tapping with the fingertips is used to input kinetic energy onto specific meridians on the body to help remove negative emotions, reduce pain, and implement positive goals.	Allan Doane, EFT Practitioner & Board Certified Hypnotherapist
<b>Mindfulness Meditation (Mindfulness: Daily Life)</b>	Learn to manage stress with mindfulness, an evidence based contemplation practice. The art of openly and actively paying attention to your experience in the moment.  We offer a monthly Mindfulness Meditation and a 6-week Mindfulness: Daily Life series.	Heather Prete, UCLA Certified Mindfulness Facilitator, self-compassion teacher, and mindfulness in recovery coach

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<p><b>Move to Improve</b></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 &amp; prevent injury</p>	<p>Ann Barbour, Certified Instructor in <b>GYROTONIC®</b>, <b>GYROKINESIS®</b>, &amp; Pilates methods of conditioning</p>
<p><b>Nutritional Workshops</b></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 &amp; 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, &amp; 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 &amp; Anti-inflammatory Nutrition. She is a Certified Integrative Nutrition Coach, Holistic Nutrition Chef, and 13-year cancer survivor. For more information, visit: <a href="http://www.lillypadilla.com">www.lillypadilla.com</a></p>
<p><b>Oncology Massage</b></p>	<p>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.</p>	<p>Julia Morrow, CMT, CES, CLT</p>

CLASS	DESCRIPTION	FACILITATED BY
<p><b>Rhythms of Wellness</b></p>	<p>Relax, recharge, and reconnect with ease in a safe supportive environment. Discover the delightful connection of interactive group rhythmic play and the vibrant sensory clarity that lives on the other side- in stillness. We use drums, hand percussion, voice, and movement woven with periods of meditation. Come enjoy evidence based benefits of music medicine and mindfulness meditation that support whole person well-being.</p>	<p>Marilyn McLaughlin, MFA, RSMT, founder of All Bodies Move!, Multidisciplinary Wellness Specialist, Healing Drum and Health Rhythms Facilitator, Adjunct Professor of Dance at Loyola Marymount University</p>
<p><b>Reiki (Group Circle, Reiki 101, and Private Sessions)</b></p>	<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 private individual reiki sessions with a practitioner, a monthly reiki group and a 6-week Reiki 101 series.</p>	<p>Brian Kukan, Certified Reiki Master</p>
<p><b>Step Aerobics</b></p>	<p>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.</p>	<p>Kathleen Ross-Allee, Certified ACE Fitness Trainer since 1992, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>
<p><b>Tibetan Sound Bowl Meditation</b></p>	<p>In this class you'll be guided through a series of seated listening and breathing techniques, followed by a Tibetan singing bowl and gong sound meditation where you can simply lie back, relax, and listen in an environment intended for the support, encouragement, and strengthening of your own inner sense of well-being.</p>	<p>Jonathan De Leon, Certified Massage and Sound Therapist</p>

CLASS	DESCRIPTION	FACILITATED BY
<p><b>Yoga Chat</b></p>	<p>Enjoy a warm cup of coffee or tea, connect with participants as well as a certified yoga therapist, and explore how yoga can bring a greater sense of well-being to your everyday life. Discuss an array of yoga related subjects in a relaxed and beautiful setting.</p>	<p>Kathleen Ross-Allee, Certified Yoga Therapist, C-IAYT Managing Director, LMU Yoga Therapy Rx programs</p>

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

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