



Online Offerings

** A Few **New** Names, **Same** Smiling Faces 😊**

❖ **Belly Dancing** – Facilitated by *Karin Hoffman*

Come 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.

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!

❖ **Bootcamp** – Facilitated by *Gareen Mehserdjian and Allen Ye*

This advanced class provides a high-intensity workout aimed at improving strength, endurance, and confidence. Each class will target a combination of arms, legs, and core.

Pre-requisite: Those who previously participated in *Bootcamp* or *Power Circuit* are eligible. If individuals who previously took Strength and Cardio Circuit are interested in this class email magnoliahouse@towercancer.org to inquire about instructor approval.

❖ **Breathing & Mindfulness Toolkit for Pain** – Facilitated by *Sharon Holly*

This class explores the differences between acute and chronic pain. Participants will practice various breathing and mindfulness techniques that can help change their relationship to pain and potentially relieving or reducing the pain.

❖ **Breathing & Mindfulness Toolkit for Sleep** – Facilitated by *Sharon Holly*

This class will discuss habits to promote better sleep. Participants will practice various breathing and mindfulness techniques that they will be able to do on their own when the need arises.

❖ **Candlelight Gentle Yoga** – Facilitated by *Karin Hoffman*

Restore your body, mind, and mood as you transition from the day's activities with gentle meditative movements, and deep relaxation. This practice invites you to turn inward, find, and release tension.



❖ **Crystal Sound Yoga** – Facilitated by *Alison Crowley and Shannon*

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Gentle yoga therapy combined with the healing music and vibration of crystal sound bowls. A beautiful sound bath exploring different topics (i.e. forgiveness, gratitude, kindness, and connection) to help soothe the soul.

❖ **Emotional Freedom Technique Tapping** – Facilitated by

Allan Doane

This class combines ancient Chinese acupuncture with modern psychological techniques. Participants will use their 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.

❖ **Gentle Yoga** – Facilitated by *Kathleen Ross-Allee*

This class focuses on gentle movements to keep muscles and joints supple, breath work to relax the nervous system, and meditation to reduce stress and anxiety. These techniques will support you by soothing the side effects of treatment. Participants will learn to carefully stretch and strengthen the body, to calm the mind, soothe the heart, and reconnect with self.

❖ **GRACE** – Facilitated by *Dr. Arash Asher, M.D. ; Jeffrey Wertheimer, Ph.D., ABPP-CN; Bronwen Jones*

In this ONLINE educational support program, cancer survivors will have an opportunity to: Develop coping skills to manage concerns, anxiety and fears related to one's cancer experience and the current environment. Examine the profound existential and spiritual challenges that may arise after a cancer diagnosis. Learn to find meaning despite medical circumstances and build authentic strategies for resiliency.

❖ **Guided Imagery/ Deep Relaxation** – Facilitated by *Karin Hoffman*

Explore this useful strategy for maintaining resilience during difficult times. This experience provides a mental escape, taking you out of the usual mindset of ruminating in the past, or worrying about the future. Stimulate your creativity by immersing yourself in sensory details. This practice encourages a positive sense of well-being.

❖ **Harmonize & Vitalize: Qi Gong & Sound Healing** –

Facilitated by *Christo Pellani*

A unique experiential self-healing session using the voice and guided visualization with a harmonium to release stagnant emotional energy and harmonize the organs and chakras. Participants will be guided in a powerful Qi Gong practice to increase the immune response for the lungs and heart, with gentle stretches to vitalize the body.



❖ **Healing Through Art** – Facilitated by *Sarah “Stella” Dunn, MA, MFTA, ATR*

Participants will transform existing books into new works of art using materials from around the home. The book and its pages are the canvas for new ideas and images. The altered book then becomes an art journal participants can add to over time.

** No prior art experience needed **

❖ **Individual Hypnosis** – Facilitated by *Brian Kukan*

Hypnosis is a state of focused attention and concentration like meditation. Hypnosis uses relaxation techniques and guided imagery to help direct awareness toward focusing on suggestions that will help make positive changes. This practice can be used to increase motivation or alter behavior patterns and is meant to empower participants.

❖ **Individual Reiki** – Facilitated by *Brian Kukan*

A distant reiki session can be as beneficial as an in-person treatment. The session will begin with a brief conversation to set an intention for the session, and the participant will rest in the comfort of their home while the reiki is delivered to them. Participants can choose to sit or lay down while they are receiving the reiki. When the session is complete there will be a follow up conversation to discuss the results of the session.

❖ **Individual Therapy** – Facilitated by *Cynthia Hamburg*

The program consists of 9 consecutive weekly appointments of 50 minutes each. Upon completion of the 9 sessions, there will be 1 additional check-in appointment. This additional 50-minute check-in will occur once on the subsequent month. These Individual sessions include a Mindfulness-Based Cognitive Therapeutic (MBCT) approach.

❖ **Low-Impact Aerobics** – Facilitated by *Kathleen Ross-Allee*

This class will offer the same benefits of our previous Step Aerobics class and will use many of the same techniques participants already know. A great workout which gets the heart pumping (cardio fitness), uses the core muscles (abdominal strength, helps with back pain) to maintain and improve bone strength (osteoporosis).

❖ **Mindfulness Techniques** – Facilitated by *Christo Pellani*

This session provides access to mindful practices for present moment awareness, while alleviating stress and anxiety due to challenging emotional states of fear, worry, and depression. You can create Balance, Flow, and Joyful Self Compassion as you learn an effective self-healing strategy through the powerful energy healing techniques.



❖ **Move into Balance** – Facilitated by *Karin Hoffman*

Creatively explore and encourage held stress patterns in the body and mind to “let go” through movement. Zone into your inner experiences as you move in and out of: balance and imbalance, holding and releasing, effort and ease, discord and tranquility. This is body expression from our internal state. All levels welcome.

❖ **Men’s Cancer Support Breakfast** – Facilitated by *Bin McLaurin*

This group is open to all male-identified individuals with a cancer diagnosis. It offers participants a chance to socialize with supportive peers over breakfast. BYOB! Since this is a virtual gathering, participants should bring their own breakfast. This group can help reduce feelings of loneliness, anxiety, and distress, help to learn new ways of coping, increase feelings of hope and empowerment.

❖ **Nidra Meditation** – Facilitated by *Sharon Holly*

Come and unwind, relax and restore as we help you disconnect from the thinking mind by guiding you through a series of body, breath, and awareness techniques that support the body in releasing physical, mental and/or emotional tension. This class allows the body to enter the space between waking and sleeping unlocking it’s healing potential. This ancient yogic technique effortlessly takes you to a state of deep relaxation where you may change your relationship to pain, habits, and stressful situations.

❖ **Nutrition to Support the Immune System** – Facilitated by *Lilly Padilla*

Participants will learn how to prepare delicious nutritional dishes to help boost the immune system and manage stress. Participants will learn more about what foods can be easier to find right now at the stores, which foods could be ordered online, how to preserve and use produce more effectively to avoid wasting precious foods during these challenging times.

❖ **Oncology Skincare Workshops** – Facilitated by *Charlotte Dorsey and LaShelle Ullie*

Each session explores a specific topic, past workshops have included: “Healthy Skincare at Home”, “Skin Health for Him”, “Sunscreen - Sun Spots - Premature Aging: What to look for in your SPF” and “Homemade Facials”



❖ **Pilates 101** – Facilitated by *Mae Murakami*

Pilates basics: Have you ever wondered what a roll up is? Or how to do the 100's or series of 5? This 45-minute class will go over all the fundamental mat Pilates moves to give you strength, flexibility and a strong core.

** Good for beginners but also for anyone 😊 **

❖ **Pilates Fusion 45** – Facilitated by *Mae Murakami*

A 45-minute intermediate class for anyone who likes their Pilates with a side of sweat! This class will have Pilates-inspired moves for your core plus a bit of cardio and weight work. You can use resistance bands and light weights for an extra challenge, though they are not required.

❖ **Reconnect with Your True Self in Moments of Challenge Writing Workshop** – Facilitated by *Samantha Paige*

In this 4-week workshop, participants will learn to identify what it means to feel like a stranger in one's own body and what it feels like to be connected to our true self. Given the current times, the class will focus on how to create connection to self in moments of crisis and/or trauma. Each session will be a combination of personal writing and group sharing. Participants will receive a copy of the LAST CUT book and workbook.

❖ **Release and Restore Yoga** – Facilitated by *Sharon Holly*

This class will focus on breathing techniques combined with gentle yoga poses and movements (asana) to release tension, tightness, and stress in the body and mind, while helping restore the nervous system back to a state of balance thereby supporting the immune system.

❖ **Yoga Balance & Flexibility** – Facilitated by *Kathleen Ross-Allee*

A practice to balance the mind, body, and breath, while creating strength, fluidity, and flexibility. Using the tools of neuroplasticity and brain remapping, the brain will experience a reduction of stress and fear. In these uncertain times, participants will explore all aspects of balance while enjoying the benefits of being in a virtual re-creation of our yoga community.

❖ **Yoga for Bone Health** – Facilitated by *Sharon Holly*

This all levels yoga class will provide education around Osteopenia and Osteoporosis as well as lifestyle tips which will be weaved into a practice supporting increased muscle strength and bone health. Students will be met where they are in their healing process so movements will be taught in a progressive style allowing everyone to build strength at their own pace over time.

***Optional props: blocks or books, 1-2 lb. weights or filled water bottles or soup cans, blanket and pillow



❖ **Yoga for Serenity** – Facilitated by *Alison Crowley*

A restorative yoga class to take care of the body, while using gentle stretches to release and soften pain and discomfort in the mind, body, and heart. A way to connect to a deeper sense of peace, especially during this time of uncertainty.

❖ **Yoga for Stress Relief and Resilience** – Facilitated by *Alison Crowley*

A moving meditation and gentle yoga sequence to release stress and promote balance in the systems of the body. This class will stretch and strengthen the body slowly, with special attention to poses that support optimal immune system health.

Pre-requisite: Those previously approved for *Yoga for Vitality* and *Yoga for Stamina & Stability* are eligible for this class. Those interested in this class email magnoliahouse@towercancer.org to inquire about instructor approval

❖ **Yoga Sculpt** – Facilitated by *Kathleen Ross-Allee*

Blending the practices of yoga and fitness, this virtual class incorporates weight training to inform the practice of yoga. It is a fun, safe, and empowering workout, which blends strength exercises with the mind, body, and spirit of yoga. Experience the benefits of both and see how they complement each other.

❖ **Yoga for Vitality** – Facilitated by *Alison Crowley*

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 build confidence in our bodies.

Sign up at: www.towercancer.org/magnolia-house
For more info: (310)299-8473 or Magnoliahouse@towercancer.org
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