



# August 2024

## NOTES & REMINDERS:

**MAGNOLIA HOUSE CLASSES ARE HOSTED ONLINE AND IN PERSON.**

Please make sure that you are choosing the correct format for you, and plan your travel accordingly. All classes are marked with a ★ will be hosted at our office – **Tower Cancer Research Foundation** – unless otherwise noted. The address is 8767 Wilshire Blvd, Suite 401, Beverly Hills, CA 90211. Classes marked with a 🍷 are hosted by Lipstick Angels and may be online or in-person, and are offered free of charge to our Magnolia House community.

**Note recommended props and materials** in the class descriptions.

**With our offerings each month**, there are occasional overlaps in classes, workshops, and programs. Please pick whichever offering suits your needs.

**Individual Reiki & Hypnosis Sessions** are offered on days marked below. Please request your appointments by contacting [magnoliahouse@towercancer.org](mailto:magnoliahouse@towercancer.org). **Appointments are not guaranteed until confirmed by Magnolia House staff.**

## August recognizes Appendix Cancer Awareness Month

SAT. / SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>11:30am - 12:30pm★</b> <b>Belly Dancing</b> <i>Karin Hoffman</i></p> <p><b>12:00pm - 1:45pm</b> Intro to Emotional Freedom Technique Tapping (EFT) <i>Allan Doane</i></p> <p><b>5:30pm - 6:30pm</b> Yoga 101 <i>Sharon Holly</i></p>	<p><b>9:00am - 10:00am</b> Yoga 102 <i>Kathleen Ross-Allee</i></p> <p><b>11:00am - 12:00pm</b> Pilates 201 <i>Mae Murakami</i></p> <p><b>2:00pm - 2:45pm</b> Chair Pilates <i>Sharon Holly</i></p>
<p><b>3</b></p>	<p><b>5</b></p> <p><b>9:00am - 9:30am</b> Morning Meditation <i>Kathleen Ross-Allee</i></p> <p><b>10:00am - 11:00am</b> Dance Sculpt 101 <i>Michelle Akda</i></p> <p><b>11:30am - 12:30pm</b> Balance 101 <i>Karin Hoffman</i></p> <p><b>4</b></p> <p><b>2:30pm - 3:30pm</b> Yoga 201 <i>Kathleen Ross-Allee</i></p>	<p><b>6</b></p> <p><b>9:00am - 10:00am</b> Gentle Flow Yoga <i>Karin Hoffman</i></p> <p><b>10:00am - 11:00am★</b> <b>Pilates 101</b> <i>Mae Murakami</i></p> <p><b>11:30am - 1:30pm</b> Healthy Cooking 101 <i>Lilly Padilla</i></p>	<p><b>7</b></p> <p><b>9:00am - 10:00am</b> Aerobics 101 <i>Kathleen Ross-Allee</i></p> <p><b>10:00am - 11:00am</b> Intro to Crystal Sound Bath <i>Don Henry</i></p> <p><b>1:00pm - 2:00pm</b> Waiting Room Fitness 101 <i>Evan Boydston</i></p> <p><b>4:00pm - 5:00pm</b> Intro to Nidra Meditation <i>Sharon Holly</i></p>	<p><b>8</b></p> <p><b>9:00am - 10:00am</b> Yoga for Endurance &amp; Balance <i>Karin Hoffman</i></p> <p><b>10:30/11:30/12:45/1:45</b> Virtual Reiki Session <i>Brian Kukan</i></p> <p><b>5:30pm - 6:30pm</b> Yoga 101 <i>Sharon Holly</i></p>	<p><b>9</b></p> <p><b>11:00am - 12:00pm</b> Pilates 201 <i>Sharon Holly</i></p> <p><b>2:00pm - 2:45m</b> Chair Pilates <i>Sharon Holly</i></p> <p><b>3:00pm - 5:00pm</b> Healing Through Art <i>Stella Dunn</i></p>



<p><b>10</b></p> <hr/> <p><b>11</b></p>	<p><b>12</b></p> <p>9:00am - 9:30am Morning Meditation <i>Karin Hoffman</i></p> <p>10:00am - 11:00am Bone Health Yoga <i>Sharon Holly</i></p> <p>11:30am - 12:30pm Balance 101 <i>Karin Hoffman</i></p> <p>2:30pm - 3:30pm Weight Training 101 <i>Michelle Akda</i></p>	<p><b>13</b></p> <p>10:00am - 11:00am Pilates 101 <i>Mae Murakami</i></p> <p>1:00pm - 2:30pm Vitalize Harmonize and Sound Healing <i>Christo Pellani</i></p> <p>4:00pm - 5:00pm Intro to Guided Mindfulness <i>Karin Hoffman</i></p>	<p><b>14</b></p> <p>9:00am - 10:00am Aerobics 101 <i>Michelle Akda</i></p> <p><b>10:00am - 11:00am★</b> <b>Intro to Crystal Sound Bath</b> <i>Sharon Holly</i></p> <p>11:30am - 12:30pm Dance Therapy 101 <i>Karin Hoffman</i></p>	<p><b>15</b></p> <p>11:30am - 12:30pm Belly Dancing <i>Karin Hoffman</i></p> <p>1:00pm - 2:00pm Reiki Group Session <i>Brian Kukan</i></p> <p>5:30pm - 6:30pm Yoga 101 <i>Sharon Holly</i></p>	<p><b>16</b></p> <p>9:00am - 10:00am Yoga 102 <i>Karin Hoffman</i></p> <p>11:00am - 12:00pm Pilates 201 <i>Mae Murakami</i></p> <p>12:00pm - 1:45pm Intro to Emotional Freedom Technique Tapping (EFT) <i>Allan Doane</i></p> <p>2:00pm - 2:45pm Chair Pilates <i>Mae Murakami</i></p>
<p><b>17</b></p> <hr/> <p><b>18</b></p> <p><b>1:00pm - 3:00pm ☺</b> <b>Skincare and Aromatherapy with the Founders of Fable Rune</b> <i>Lipstick Angels</i></p>	<p><b>19</b></p> <p>9:00am - 9:30am Morning Meditation <i>Kathleen Ross-Allee</i></p> <p>10:00am - 11:00am Dance Sculpt 101 <i>Michelle Akda</i></p> <p>11:30am - 12:30pm Balance 101 <i>Karin Hoffman</i></p> <p>2:30pm - 3:30pm Yoga for Balance <i>Kathleen Ross-Allee</i></p>	<p><b>20</b></p> <p>9:00am - 10:00am Gentle Flow Yoga <i>Karin Hoffman</i></p> <p><b>10:00am - 11:00am★</b> <b>Pilates 101</b> <i>Mae Murakami</i></p> <p><b>11:30am - 1:30pm★</b> <b>Healthy Cooking 101</b> <i>Lilly Padilla</i></p>	<p><b>21</b></p> <p>9:00am - 10:00am Aerobics 101 <i>Kathleen Ross-Allee</i></p> <p>1:00pm - 2:00pm Waiting Room Fitness 101 <i>Evan Boydstun</i></p> <p>4:00pm - 5:00pm Intro to Nidra Meditation <i>Sharon Holly</i></p>	<p><b>22</b></p> <p>9:00am - 10:00am Yoga for Endurance &amp; Balance <i>Kathleen Ros-Allee</i></p> <p><b>10:30/11:30/12:45/1:4</b> <b>5★ In Person Reiki</b> <i>Brian Kukan</i></p> <p>5:30pm - 6:30pm Yoga 101 <i>Sharon Holly</i></p>	<p><b>23</b></p> <p>11:00am - 12:00pm Pilates 201 <i>Mae Murakami</i></p> <p>2:00pm - 2:45pm Chair Pilates <i>Mae Murakami</i></p>
<p><b>24</b></p> <hr/> <p><b>25</b></p>	<p><b>26</b></p> <p>9:00am - 9:30am Morning Meditation <i>Kathleen Ross-Allee</i></p> <p>11:30am - 12:30pm Balance 101 <i>Karin Hoffman</i></p> <p>2:30pm - 3:30pm Weight Training 101 <i>Kathleen Ross-Allee</i></p>	<p><b>27</b></p> <p>10:00am - 11:00am Pilates 101 <i>Mae Murakami</i></p> <p><b>11:00am - 12:00pm★</b> <b>Yoga for Bone Strength 201</b> <i>Kathleen Ross-Allee</i></p> <p>4:00pm - 5:00pm Intro to Guided Mindfulness <i>Karin Hoffman</i></p>	<p><b>28</b></p> <p>9:00am - 10:00am Aerobics 101 <i>Kathleen Ross-Allee</i></p> <p>10:00am - 11:00am Intro to Crystal Sound Bath <i>Don Henry</i></p> <p>11:30am - 12:30pm Dance Therapy 101 <i>Karin Hoffman</i></p>	<p><b>29</b></p> <p><b>11:30am - 12:30pm★</b> <b>Belly Dancing</b> <i>Karin Hoffman</i></p> <p>5:30pm - 6:30pm Yoga 101 <i>Sharon Holly</i></p>	<p><b>30</b></p> <p>9:00am - 10:00am Yoga 102 <i>Kathleen Ross-Allee</i></p> <p>11:00am - 12:00pm Pilates 201 <i>Mae Murakami</i></p> <p>2:00pm - 2:45pm Chair Pilates <i>Mae Murakami</i></p>

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