



November 2024

NOTES & REMINDERS

MAGNOLIA HOUSE CLASSES ARE HOSTED ONLINE AND IN PERSON.

Classes marked with a ★ are held in person at **Tower Cancer Research Foundation**, 8767 Wilshire Blvd, Suite 401, Beverly Hills, CA 90211, unless otherwise stated.

Classes marked with a 🍷 are hosted by **Lipstick Angels** and are in-person. These are free for our Magnolia House community.

Classes marked in **red** are hosted by **CSCLA**. The ones marked with ★ are hosted in-person. **Please check the email confirming your registration for details.**

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 sessions are offered on days marked below.

Individual Yoga sessions are offered on demand.

Please request your appointments by contacting magnoliahouse@towercancer.org
Appointments are not guaranteed until confirmed by Magnolia House staff.

November recognizes Lung, Neuroendocrine, Pancreatic, and Stomach Cancer Awareness Month, Honoring Caregivers.

SAT. / SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<p>1</p> <p>10:00am - 11:00am ★ Tai Chi at the Park <i>Shelley H. Miller</i></p> <p>11:00am – 12:00pm Pilates 201 <i>Sharon Holly (sub Mae)</i></p> <p>2:00pm – 2:45m Chair Pilates <i>Sharon Holly (sub Mae)</i></p>
<p>2</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>3</p> <p>2:30pm – 3:30pm Yoga for Balance <i>Kathleen Ross-Allee</i></p>	<p>4</p> <p>9:00am – 10:00am Gentle Flow Yoga <i>Karin Hoffman</i></p> <p>10:00am – 11:00am ★ Pilates 101 <i>Mae Murakami</i></p> <p>11:30am – 1:30pm Healthy Cooking 101 <i>Lilly Padilla</i></p> <p>5:30pm – 6:30pm Qi Gong with Tao of Wellness <i>Gayla Gabriel</i></p>	<p>5</p> <p>9:00am – 10:00am Aerobics 101 <i>Kathleen Ross-Allee</i></p> <p>10:30am – 11:30am Intro to Crystal Sound Bath <i>Don Henry</i></p> <p>01:00pm - 02:00pm ★ Tai Chi <i>Marianne Lu</i></p> <p>4:00pm – 5:00pm Intro to Nidra Meditation <i>Sharon Holly</i></p>	<p>6</p> <p>11:30am – 12:30pm Belly Dancing <i>Karin Hoffman</i></p> <p>10:30/11:30/12:45/1:45 Virtual Reiki Session <i>Brian Kukan</i></p> <p>5:30pm – 6:30pm Yoga 101 <i>Sharon Holly</i></p>	<p>7</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>Sharon Holly (sub Mae)</i></p>	<p>8</p>



<p>9</p> <hr/> <p>10</p>	<p>11</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>12</p> <p>10:00am – 11:00am Pilates 101 <i>Mae Murakami</i></p> <p>10:00am – 11:00am Bone Health Yoga <i>Sharon Holly</i></p> <p>1:00pm – 2:30pm Vitalize and Harmonize, Self-Healing with Qi Gong and Sound <i>Christo Pellani</i></p> <p>02:30pm - 04:00pm ★ Workshop: Introduction to EFT Tapping <i>Marni Gittleman</i></p> <p>4:00pm – 5:00pm Intro to Guided Mindfulness <i>Karin Hoffman</i></p>	<p>13</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 Boydston</i></p> <p>4:00pm – 5:00pm Intro to Nidra Meditation <i>Sharon Holly</i></p>	<p>14</p> <p>10:00am - 11:00am Gentle Yoga <i>Alison Faith</i></p> <p>5:30pm – 6:30pm Yoga 101 <i>Sharon Holly</i></p>	<p>15</p> <p>10:00am - 11:00am ★ Tai Chi at the Park <i>Shelley H. Miller</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> <p>3:00pm – 5:00pm Healing Through Art <i>Stella Dunn</i></p>
<p>16</p> <hr/> <p>17</p>	<p>18</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>19</p> <p>9:00am – 10:00am Gentle Flow Yoga <i>Karin Hoffman</i></p> <p>10:00am – 11:00am★ Pilates 101 <i>Mae Murakami</i></p> <p>11:30am – 1:30pm★ Healthy Cooking 101 <i>Lilly Padilla</i></p> <p>5:30pm – 6:30pm Qi Gong with Tao of Wellness <i>Gayla Gabriel</i></p>	<p>20</p> <p>9:00am – 10:00am Aerobics 101 <i>Kathleen Ross-Allee</i></p> <p>12:15pm - 01:45pm Feldenkrais Method <i>Marci</i></p> <p>1:00pm – 3:00pm★ The Ultimate Beauty and Skincare Workshop <i>Lipstick Angels</i></p>	<p>21</p> <p>10:30/11:30/12:45/1:45★ In Person Reiki <i>Brian Kukan</i></p> <p>01:30pm - 02:45pm ★ Gentle Yoga <i>Adelaide McLean</i></p> <p>5:30pm – 6:30pm Yoga 101 <i>Sharon Holly</i></p>	<p>22</p> <p>9:00am – 10:00am Yoga 102 <i>Kathleen Ross-Allee</i></p> <p>10:00am - 11:00am ★ Tai Chi at the Park <i>Shelley H. Miller</i></p> <p>11:00am – 12:00pm Pilates 201 <i>Karin Hoffman (sub Mae)</i></p> <p>2:00pm – 2:45m Chair Pilates <i>Karin Hoffman (sub Mae)</i></p>
<p>23</p> <hr/> <p>24</p>	<p>25</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>26</p> <p>10:00am – 11:00am Pilates 101 <i>Mae Murakami</i></p>	<p>27</p> <p>01:00pm - 02:00pm ★ Tai Chi <i>Marianne Lu</i></p>	<p>28</p> <p>HAPPY THANKSGIVING DAY</p>	<p>29</p>

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