

ALL CLASSES/PROGRAMMING ARE HOSTED ONLINE AND IN PERSON. Classes marked in **blue** are hosted by **Tower Cancer**. Classes marked in **red** are hosted by **CSCLA**. Classes marked in **green** are hosted by **Lipstick Angels**. These are **free** for our participant community. All classes marked with **★** are held in-person, while classes marked with a **❖** are hybrid. **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. Please request your appointments by contacting magnoliahouse@towercancer.org. **Appointments are not guaranteed until confirmed by Magnolia House staff.**

APRIL RECOGNIZES BOWEL, ESOPHAGEAL, HEAD & NECK, AND TESTICULAR AWARENESS MONTH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT. / SUN. |
|--|---|--|--|--|--|
| <p>31</p> <p>10:00am - 11:00am Dance Sculpt <i>Michelle Akda</i></p> <p>11:00am - 12:00pm Therapeutic Yoga <i>Sharon Holly</i></p> <p>6:00pm - 6:45pm Grateful Meditation <i>Angela Palmieri</i></p> | <p>1</p> <p>9:00am - 10:00am Gentle Flow Yoga <i>Karin Hoffman</i></p> <p>10:00am - 11:00am Breathe, Move, Meditate ❖ <i>Allyn Cioban</i></p> <p>10:00am - 11:00am Mat Pilates <i>Mae Murakami</i></p> <p>12:30pm - 1:15pm WORKSHOP: Mindfulness for Cancer Relief and Resilience <i>Kelly Barron</i></p> <p>1:00pm - 2:15pm Restorative Yoga ★ <i>Alison Faith</i></p> <p>5:00pm - 6:00pm Qi Gong with Tao of Wellness <i>Gayla Gabriel</i></p> | <p>2</p> <p>9:00am - 10:00am Aerobics <i>Kathleen Ross-Allee</i></p> <p>11:00am - 12:00pm Yoga of Breath <i>Kamla Subramanian</i></p> <p>12:15pm - 1:45pm Feldenkrais <i>Marci Spiegler</i></p> <p>2:30pm - 3:30pm Strength and Stability Training ★ <i>Morgan Rees</i></p> <p>5:15pm - 6:00pm Mindful Self-Compassion <i>JD Lloyd & Suzanne Smith</i></p> | <p>3</p> <p>9:00am - 9:45 am NAAM Breathwork <i>Allyn Cioban</i></p> <p>10:00am - 11:00am Gentle Yoga <i>Alison Faith</i></p> <p>11:00am - 12:00pm Flexibility & Alignment Workshop <i>Karin Hoffman</i></p> <p>12:30pm - 1:30pm Group Reiki Session <i>Brian Kukan</i></p> <p>1:30pm - 2:45pm Gentle Yoga ★ <i>Adelaide McLean</i></p> <p>5:30pm - 6:30pm Release & Restore Yoga <i>Sharon Holly</i></p> | <p>4</p> <p>9:00am - 10:00am Gentle Yoga Therapeutics <i>Kathleen Ross-Allee</i></p> <p>10:00am - 11:00am Tai Chi @ Roxbury Park ★ <i>Shelley Miller</i></p> <p>11:00am - 11:45am Chair Pilates <i>Mae Murakami</i></p> | <p>5</p> <p>9:00am - 10:00am Easy Yoga <i>Lee Wolfort</i></p> <hr/> <p>6</p> <p>9:00am - 9:45am Reiki Healing Experience <i>Scott Cvetkovski</i></p> <p>1:30pm - 4:00pm Pickleball Tournament <i>Magnolia Council</i></p> |
| <p>7</p> <p>11:00am - 12:00pm Therapeutic Yoga <i>Sharon Holly</i></p> <p>2:30pm - 3:30pm Weight Training <i>Kathleen Ross-Allee</i></p> <p>6:00pm - 6:45pm Grateful Meditation <i>Angela Palmieri</i></p> | <p>8</p> <p>10:00am - 11:00am Breathe, Move, Meditate ❖ <i>Allyn Cioban</i></p> <p>10:00am - 11:00am Mat Pilates <i>Mae Murakami</i></p> <p>11:30am - 1:30pm Healthy Cooking <i>Lilly Padilla</i></p> <p>1:00pm - 2:15pm Restorative Yoga ★ <i>Alison Faith</i></p> <p>2:30pm - 4:30pm EFT tapping ★ <i>Marni Gittleman</i></p> <p>5:00pm - 6:00pm Qi Gong with Tao of Wellness <i>Gayla Gabriel</i></p> | <p>9</p> <p>9:00am - 10:00am Aerobics <i>Kathleen Ross-Allee</i></p> <p>11:00am - 12:00pm Yoga of Breath <i>Kamla Subramanian</i></p> <p>12:15pm - 1:45pm Feldenkrais <i>Marci Spiegler</i></p> <p>1:00pm - 2:00pm Tai Chi ★ <i>Marianne Lu</i></p> <p>2:30pm - 3:30pm Strength and Stability Training ★ <i>Morgan Rees</i></p> <p>4:00pm - 5:00pm Nidra Meditation <i>Sharon Holly</i></p> <p>5:15pm - 6:00pm Mindful Self-Compassion <i>JD Lloyd & Suzanne Smith</i></p> | <p>10</p> <p>9:00am - 9:45 am NAAM Breathwork <i>Allyn Cioban</i></p> <p>10:00am - 11:00am Gentle Yoga <i>Alison Faith</i></p> <p>11:00am - 12:00pm Flexibility & Alignment Workshop <i>Karin Hoffman</i></p> <p>1:30pm - 2:45pm Gentle Yoga ★ <i>Adelaide McLean</i></p> <p>5:30pm - 6:30pm Release & Restore Yoga <i>Sharon Holly</i></p> | <p>11</p> <p>10:00am - 11:00am Tai Chi @ Roxbury Park ★ <i>Shelley Miller</i></p> <p>11:00am - 11:45am Chair Pilates <i>Mae Murakami</i></p> <p>3:00pm - 5:00pm Healing Through Art <i>Stella Dunn</i></p> | <p>12</p> <p>9:00am - 10:00am Easy Yoga <i>Lee Wolfort</i></p> <hr/> <p>13</p> <p>9:00am - 9:45am Reiki Healing Experience <i>Scott Cvetkovski</i></p> |
| <p>14</p> <p>10:00am - 11:00am Dance Sculpt <i>Michelle Akda</i></p> <p>11:00am - 12:00pm Therapeutic Yoga <i>Sharon Holly</i></p> <p>1:00pm - 2:00pm Sound Healing ★ <i>Adriana Lima</i></p> <p>6:00pm - 6:45pm Grateful Meditation <i>Angela Palmieri</i></p> | <p>15</p> <p>9:00am - 10:00am Gentle Flow Yoga <i>Karin Hoffman</i></p> <p>10:00am - 11:00am Breathe, Move, Meditate ❖ <i>Allyn Cioban</i></p> <p>10:00am - 11:00am Mat Pilates <i>Mae Murakami</i></p> <p>1:00pm - 2:15pm Restorative Yoga ★ <i>Alison Faith</i></p> <p>3:00pm - 4:00pm</p> | <p>16</p> <p>9:00am - 10:00am Aerobics <i>Kathleen Ross-Allee</i></p> <p>10:30am - 11:30am Crystal Sound Bath <i>Don Henry</i></p> <p>11:00am - 12:00pm Yoga of Breath <i>Kamla Subramanian</i></p> <p>12:15pm - 1:45pm Feldenkrais <i>Marci Spiegler</i></p> <p>1:00pm - 3:00pm Writing Support</p> | <p>17</p> <p>9:00am - 9:45 am NAAM Breathwork <i>Allyn Cioban</i></p> <p>10:00am - 11:00am Gentle Yoga <i>Alison Faith</i></p> <p>11:00am - 12:00pm Flexibility & Alignment Workshop <i>Karin Hoffman</i></p> <p>12:30pm - 1:30pm Group Reiki Session <i>Brian Kukan</i></p> <p>1:30pm - 2:45pm</p> | <p>18</p> <p>9:00am - 10:00am Gentle Yoga Therapeutics <i>Kathleen Ross-Allee</i></p> <p>10:00am - 11:00am Tai Chi @ Roxbury Park ★ <i>Shelley Miller</i></p> <p>11:00am - 11:45pm Chair Pilates <i>Mae Murakami</i></p> | <p>19</p> <p>9:00am - 10:00am Easy Yoga <i>Lee Wolfort</i></p> <hr/> <p>20</p> <p>9:00am - 9:45am Reiki Healing Experience <i>Scott Cvetkovski</i></p> |

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| | <p>Meditation and Sound Bath ★ Chidimma Iheonu</p> <p>5:00pm – 6:00pm</p> <p>Qi Gong with Tao of Wellness Gayla Gabriel</p> | <p>Group</p> <p>5:15pm – 6:00pm</p> <p>Mindful Self-Compassion JD Lloyd & Suzanne Smith</p> | <p>Gentle Yoga ★ Adelaide McLean</p> <p>5:30pm – 6:30pm</p> <p>Release & Restore Yoga Sharon Holly</p> | | |
| 21 | 22 | 23 | 24 | 25 | 26 |
| <p>9:30am – 10:30pm</p> <p>Bone Health Yoga Sharon Holly</p> <p>11:00am – 12:00pm</p> <p>Therapeutic Yoga Sharon Holly</p> <p>2:30pm – 3:30pm</p> <p>Weight Training Kathleen Ross-Allee</p> <p>6:00pm – 6:45pm</p> <p>Grateful Meditation Angela Palmieri</p> | <p>10:00am – 11:00am</p> <p>Breathe, Move, Meditate ★ Allyn Cioban</p> <p>10:00am – 11:00am</p> <p>Mat Pilates Mae Murakami</p> <p>11:30am – 1:30pm</p> <p>Healthy Cooking ★ Lilly Padilla</p> <p>1:00pm – 2:15pm</p> <p>Restorative Yoga ★ Alison Faith</p> <p>5:00pm – 6:00pm</p> <p>Qi Gong with Tao of Wellness Gayla Gabriel</p> | <p>9:00am – 10:00am</p> <p>Aerobics Kathleen Ross-Allee</p> <p>11:00am – 12:00pm</p> <p>Yoga of Breath Kamla Subramanian</p> <p>11:00am – 12:30pm</p> <p>Art Class ★ Krista Machovina</p> <p>12:00pm – 1:00pm</p> <p>Webinar: From Struggle to Strength: Jewish Insights on Coping and Rebuilding Rabbi Dr. Jason Weiner, in collaboration with Sharsheret Organization</p> <p>12:15pm – 1:45pm</p> <p>Feldenkrais Marci Spiegler</p> <p>1:00pm – 2:00pm</p> <p>Tai Chi ★ Marianne Lu</p> <p>4:00pm – 5:00pm</p> <p>Nidra Meditation Sharon Holly</p> <p>5:15pm – 6:00pm</p> <p>Mindful Self-Compassion JD Lloyd & Suzanne Smith</p> | <p>9:00am – 9:45 am</p> <p>NAAM Breathwork Allyn Cioban</p> <p>10:00am – 11:00am</p> <p>Gentle Yoga Alison Faith</p> <p>11:00am – 12:00pm</p> <p>Flexibility & Alignment Workshop Karin Hoffman</p> <p>1:30pm – 2:45pm</p> <p>Gentle Yoga ★ Adelaide McLean</p> <p>5:30pm – 6:30pm</p> <p>Release & Restore Yoga Sharon Holly</p> | <p>10:00am – 11:00am</p> <p>Tai Chi @ Roxbury Park ★ Shelley Miller</p> <p>11:00am – 11:45pm</p> <p>Chair Pilates Mae Murakami</p> | <p>9:00am – 10:00am</p> <p>Easy Yoga Lee Wolfort</p> <hr/> <p>9:00am – 9:45am</p> <p>Reiki Healing Experience Scott Cvetkovski</p> |
| 28 | 29 | 30 | | | |
| <p>10:00am – 11:00am</p> <p>Dance Sculpt Michelle Akda</p> <p>11:00am – 12:00pm</p> <p>Therapeutic Yoga Sharon Holly</p> <p>6:00pm – 6:45pm</p> <p>Grateful Meditation Angela Palmieri</p> | <p>9:00am – 10:00am</p> <p>Gentle Flow Yoga Karin Hoffman</p> <p>10:00am – 11:00am</p> <p>Breathe, Move, Meditate ❖ Allyn Cioban</p> <p>10:00am – 11:00am</p> <p>Mat Pilates Mae Murakami</p> <p>1:00pm – 2:15pm</p> <p>Restorative Yoga ★ Alison Faith</p> <p>5:00pm – 6:00pm</p> <p>Qi Gong with Tao of Wellness Gayla Gabriel</p> | <p>9:00am – 10:00am</p> <p>Aerobics Kathleen Ross-Allee</p> <p>11:00am – 12:00pm</p> <p>Yoga of Breath Kamla Subramanian</p> <p>12:15pm – 1:45pm</p> <p>Feldenkrais Marci Spiegler</p> <p>1:00pm – 2:00pm</p> <p>Tai Chi ★ Marianne Lu</p> <p>5:15pm – 6:00pm</p> <p>Mindful Self-Compassion JD Lloyd & Suzanne Smith</p> <p>1:00pm – 3:00pm</p> <p>Skincare Masterclass: Unlock Your Radiant, Glowing Complexion with the art of Gua Sha ★ Hosted by Lipstick Angels & Wildling</p> | | | |