### Contemplative Practices

**Mindfulness-Based Stress Reduction (MBSR)**
- **Tues • April 2 - May 21 • 7p**

**Five Times Ten: 10 Minute Mindfulness Practices to Do Anytime, Anywhere**
- **Tues • April 9 - May 2 • 12p**

**The Power of Pause Meditation Retreat at Stanford**
- **Sun • May 5 • 9:30a**

### Health Enrichment

**Spinefulness Plus: Hamstrings Release and Relief**
- **Wed • April 10 - 24 • 12p**

**Spring Cleaning - Yogi Style!**
- **Tues • April 16 - 23 • 11:15a**

**NEW**

**Hear Your Heart with Embodied Storytelling**
- **Wed • April 24 & May 8 • 12p**

**Time Management for Less Stress and More Joy**
- **Mon • April 22 - 29 • 12p**

**The Gokhale Method: No More Aches and Pains**
- **Sat • April 27 • 9:30a**
- **Sat • May 11 • 9:30a**

**Wellness in the Garden**
- **Tues • April 30 - May 21 • 5:30p**

**Knowing and Using Your Strengths**
- **Thurs • May 2 • 12p**

**NEW**

**Plan for a Healthy, Financially Secure and Fulfilling Retirement: A Facilitated Book Discussion**
- **Mon • May 6 • 13 • 12p**

**Resilience 101: Bouncing Back Despite Change and Challenges**
- **Tues • May 14 • 12p**

**Group Drumming - Making Rhythm and Music for your Body, Mind, and Heart**
- **Wed • May 15 - June 5 • 12p**

**The Ayurveda Algorithm**
- **Sat/Sun • May 18 & 19 • 9a**

### Nutrition & Weight

**Happy Gut-Happy Life: A Practical Guide to Living With Irritable Bowel Syndrome (IBS)**
- **Wed • April 12 - April 19 • 11:45a**

**NEW**

**Mindful Eating: Making Healthy Choices and Managing Weight Through Eating with Intent**
- **Wed • April 17 - May 8 • 5:30p**

**Waist Management: Newly Updated**
- **Wed • June 5 • 12p**

### PERSONALIZED OFFERINGS

**Physician Health Coaching**
- **Rolling Start – Appts TBD**

**Personalized Nutrition Coaching**
- **Rolling Start – Appts TBD**

### Prevention/Medical Management

**CPR and AED**
- **Mon • April 15 • 1p**
- **Mon • May 20 • 1p**
- **First Aid**
  - **Mon • May 6 • 1p**

### Online

**Kurbo - Mobile Health Coaching Program**
- **Rolling Start**

**Webinar: Postpartum Wellness: - Thriving with Your New Baby**
- **Thurs • March 28 • 12p**

### Personalized Offerings

**Smoking Cessation: Intentional Quitting**
- **Rolling Start – Appts TBD**

### Environmental Health

**Is an Electric Vehicle Right for You?**
- **Wed • May 30 • 5:30p**

### Full Class Descriptions and Registration

Visit [hip.stanford.edu](https://hip.stanford.edu) for more information and to register for classes. Most Healthy Living Classes are STAP/EA funds eligible.