CONTEMPLATIVE PRACTICES

**Mindfulness-Based Stress Reduction (MBSR)**
Tue • April 2 - May 21 • 7p
**Five Time Ten: 10 Minute Mindfulness Practices to Do Anytime, Anywhere**
Tue/Thu • April 9 - May 2 • 12p
**The Power of Pause Meditation Retreat at Stanford**
Sun • May 5 • 9:30a

ONLINE
Headspace – Meditation Made Simple
Rolling Start

STRESS & RESILIENCY

**Making Friends With Stress: Maximizing Opportunities for Growth**
Wed • April 24 • 12p
**Managing Stress - In the Moment**
Wed • April 24 • 12p
**Mindful Self Compassion**
Sat • April 27 • 9a
**Empathy and Respect in Action: How Building a Strong Community Builds Resilience**
Tue • May 7 - June 4 • 12:15p
**Equine-iMity - Stress Reduction In The Company of Horses**
Thu • May 2 - May 30 • 4p

PERSONALIZED OFFERINGS

Personalized Stress Reduction
Rolling Start – Appts TBD
**Personalized Coaching to Improve Sleep**
Rolling Start – Appts TBD
Equine-iMity Somatic Horsemanship: 1 hour Individual Sessions
Rolling Start – Appts TBD

**Denotes BeWell Engagement Class**

HEALTH ENRICHMENT

Spinefulness Plus: Hamstrings Release and Relief
Wed • Apr 10 - 24 • 12p
Spring Cleaning - Yogi Style!
Tue • April 16 - 23 • 11:15a
NEW Hear Your Heart with Embodied Storytelling
Tue • April 16 - 30 • 12p
Time Management for Less Stress and More Joy
Mon • April 22 • 7p
The Gokhale Method: No More Aches and Pains
Sat • April 27 • 9:30a
Sat • May 11 • 9:30a
Wellness in the Garden
Tue • April 30 - May 21 • 5:30p
Knowing and Using Your Strengths
Thu • May 2 • 12p
**The Heroic Journey: A Creative Path to Transformation**
Thu • May 2 • 5:30p
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
Thu • May 9 • 12p
Group Drumming - Making Rhythm and Music for Your Body, Mind, and Heart
Wed • Mar 15 • June 5 • 12p
The Ayurveda Algorithm
Sat/Sun • May 18 & 19 • 9a
Healing Touch International Certificate Program Level 3: Advanced Healer Preparation
Sat/Sun • May 18 & 19 • 9a

ONLINE
**Sleepio – Digital Sleep Improvement Program**
Rolling Start
WEBINAR: Postpartum Wellness: - Thriving with Your New Baby
Thu • Mar 23 • 12p

PERSONALIZED OFFERINGS

Physician Health Coaching
Sitting Comfortably at Your Computer Station Wellness Coaching

NUTRITION & WEIGHT

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

ONLINE
**Kurbo – Mobile Health Coaching Program**
Rolling Start
WEBINAR: Protein Obsession - How Much Do We Need and Can We Get It From?
Mon • May 13 • 12:00p

PERSONALIZED OFFERING

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
Check Up and Choices

**Omada – Weight-Loss Program for Prevention of Diabetes and Heart Disease**
Rolling Start

PERSONALIZED OFFERINGS

Smoking Cessation: Intentional Quitting
Rolling Start – Appts TBD

ENVIRONMENTAL HEALTH

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

PERSONALIZED OFFERINGS

Active Transportation Counseling™
Rolling Start – Appts TBD

Full class descriptions and REGISTRATION
hip.stanford.edu
Most Healthy Living Classes are STAP/EA funds eligible