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# Holistic Wellness

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May 2022

## Art Expressions

May 9, 2022

2pm

Wellness Center

### Drishti Stone Mandala Painting

- Join us once a month for different Art Expressions, practicing mindfulness by bringing awareness to the present through colors, textures & sounds. No professional training necessary. Through creative creation we can cultivate mindfulness.

## Holistic Wellness Classes

April 12-June 14th | Every Tuesday

2pm

Wellness Center

### "Sleep Better" with Dr. Michael Breus

- Discover a wide variety of courses for living your life with intention, purpose & fulfillment. Pre-recorded courses led by world class teachers, facilitated by Sarah. Inspiring you to live a vibrant life of well-being & promote positive change.

## Full Moon Sound Bath

Monday, May 16, 2022

1:30pm

Wellness Center

### 'Flower Moon'

- Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 60 minute journey to relax the body, calm the mind, and activate the body's natural healing systems.

*\*Seated or lying down- mats & blankets will be provided.*

## Tea Tasting

May 18, 2022

1pm

Wellness Center

- We welcome you to sip, taste, & learn about our featured tea, tea culture & overall wellness benefits. Each month we will feature a different tea. A short meditation/ grounding practice will also take place each class.

## Introduction to Forest Bathing

May 26, 2022

10am

Meet in Bistro

- Uncover the meaning of 'Shinrin-yoku'. Experience the remarkable healing energy of nature through walks that create change. A simple way to relax your mind, revitalize your body and rediscover your authentic self through forest walks and gentle mind play exercises. We will walk from FTJ to the Japanese garden at Point Defiance and back. Roughly 1.5 miles round trip over uneven terrain. You must be able to walk this distance without staff assistance.

## Feature Film Friday

May 27, 2022

2pm

Wellness Center

### "India's Healing Forests."

- We invite you for a viewing of a thought provoking and inspirational health and wellness film/ documentary each month.

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## CONTACT

Sarah Doerner to sign up. Spots are limited.

253-756-3241

sdoerner@franketobeyjones.com

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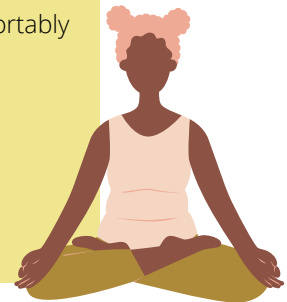
## Ongoing Weekly Classes in the Wellness Center

### Mondays

12pm

#### **Monday Meditation**

- Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.



### Tuesdays

9am

#### **Restorative Yoga**

- Restorative Yoga is gaining in popularity and used by athletes during rest/recovery days and by individuals healing from illness and injuries. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props, like bolsters and blankets.

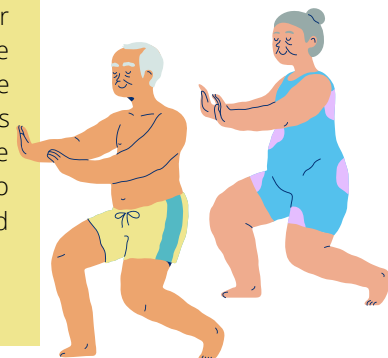


### Thursdays

9am

#### **Tai Chi (DVD)**

- Tai Chi is a Chinese martial art which has been practiced for generations. This low impact, slow motion exercise can be adapted to any age and fitness level. The ancient practice benefits the physical being as well as the mind. Tai Chi helps reduce falls and improves balance. A study published in the Journal of Alzheimer's Disease reported that tai chi is linked to increases in brain volume, delayed dementia, and improvements on tests of memory and thinking.



FRANKE TOBEY JONES  
*Enjoy your age*