

# Holistic Wellness

September 2022

## Holistic Wellness Classes

Every Tuesday | *'Good Mood Food'* with Jason Wrobel, Chef  
2pm

### Wellness Center

- 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.

## Forest Bathing

Tuesday, September 6, 2022

10am

### Meet outside 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.

## Sound Bath

Thursday, September 8, 2022

1:30pm

### Wellness Center

- 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 45 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.

## Art Expressions

Monday, September 12, 2022

2pm

### Wellness Center

#### *Creative Envelop Expression*

- Envelop Art is an easy and fun way to create art and connect with others. This month we will be featuring a local artist who will teach us a creative approach to recycling envelopes. In this stress free class you will create a miniature piece of art that you can share through the mail. Re-cycling, up-styling, and making snail mail fun!

## Tea Tasting (*Obscura Teahouse*)

Friday, September 23, 2022

1pm

### Meet outside Bistro

- We welcome you to sip, taste, & learn about tea culture & overall wellness benefits. This month we will venture to a new teahouse in Tacoma's Hilltop neighborhood. "Smell is the sense most closely tied to memory and so the olfactory nature of teas & tisanes are perfect at facilitating executive function, allowing us to condition ourselves with healthier routines." Ean Oz Sager, the owner will share the story of how his passion for tea lead him on this journey and his vision for afterhours alternatives to bars. Let's nourish our social connection and sip "a tea for every mood."

\*FTJ Bus will pick up in front of the Bistro at 1pm. Please sign up if you are interested in attending this outing.

## Acrylic Pours

Wednesday, September 28, 2022

2pm

### TJ Hobby Craft Room

- Explore the art of fluid painting. Learn different acrylic pouring techniques; clean pour, dirty pour, flip cup, straight pull, dutch pour, etc. Whether you are creating dreamscape scenery, coasters or other home décor such as faux marble countertops; acrylic pouring can be liberating and fun. Join us once a month for a creative, healthy and fun outlet.

## Cultural Cuisine

Thursday, September 29, 2022

2pm

### Wellness Center

- The vision for this experience is to empower you to explore new recipes from diverse cultures. Whether you are cooking for one or for friends and family, our goal is to expand your use of ingredients and techniques to increase confidence in cooking new and diverse recipes.

*"Food contributes to an individuals' physical & mental wellbeing and expresses ones' cultural identity through preparation, sharing and consumption."*

## PLEASE REGISTER FOR CLASSES

Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com



---

# Holistic Wellness

---

September 2022

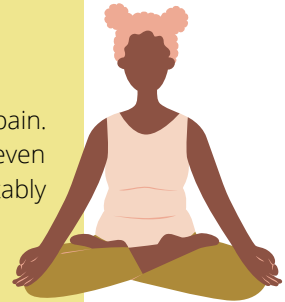
## Ongoing Weekly Classes in the Wellness Center

### **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**

**12pm** (Starting 9/13)

#### **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.



FRANKE TOBEY JONES

*Enjoy your age.*