

## Mind Body Classes



**Yoga Nidra: The Yoga of Deep Rest** with Patty Hlava  
*Tuesday (Jan 14, Feb. 25 & March 24) from 5:30pm-6:30pm*

Yoga Nidra (yogic sleep) guides you to the gentle place between awake and asleep where ultimate relaxation resides, for a deep connection with your subconscious.

**Candlelight Yoga** with DeAnn Hoff  
*Every 1st and 3rd Tuesday from 5:30pm-6:30pm*

A soothing blend of slowly flowing deep stretches, mindful connection to the breath, and restorative postures followed by a guided meditation. Show yourself a little loving kindness by joining us for this special practice



**Singing Bowl Meditation** with Leah Golberstein  
*Every 4th Tuesday (Jan. 28, Feb. 25, & March 24)  
from 12:00pm-1:00pm*

Close your eyes and float in a sound bath of crystal singing bowls as your mind and body enter deep states of relaxation.

**Healing Gong Relaxation** with Joe Wild  
*Every other Wednesday from 6:30pm-7:45pm*

Utilize movement, sound, breath and meditation to create space and tap into your infinite potential. Gentle yoga movements help the body to prepare for deep relaxation, before gong sound therapy facilitates a deeper, multi-level experience.



**Mindful Meditation for Pain Relief** with Dennis Kelly  
*Every 1st, 3rd, and 5th Thursday from 5:30pm-6:20pm*

Emotional and mental tension can add to physical pain and suffering. All are welcome to come experience this practice to gain relaxation and find a mindful way to restore balance, resilience and self-compassion. A mindful meditation practice can be used to lessen worry, reduce pain intensity and offer ways to cope with it better.

RSVP for all classes and programs at [GildasClubTwinCities.org](http://GildasClubTwinCities.org), on the My GCTC app, or by calling (612) 227-2147.  
All classes and programs are offered FREE of charge to our members.

## Exercise Classes



### **Gentle Yoga** with Betty Christensen

*Mondays from 9:30am-10:30am*

This gentle, slow-paced, and relaxing practice focuses on stretching all areas of the body while releasing stress and tension from joints and muscles.



### **Spring Forest Qigong** with Rob Muir

*Wednesdays from 1:45pm-2:45pm*

Qigong (pronounced 'chee gong') is comprised of four parts that work together—breathing, gentle movement, mental focus and sound — helping you experience your optimal wellness and happiness.



### **Dragon & Tiger Medical Qigong** with Joel Ronningen

*Every 2nd and 4th Thursday from 5:30pm-6:30pm*

This is a self-healing, low-impact and easy to learn exercise practiced to maintain health, relaxation and vitality. It consists of seven integrated movement sets for balancing and clearing your bodies' physical and energetic systems. This exercise can be practiced by people of any ability, standing, seated, or lying down.

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## Expressive Arts



### **Cardmaking** with Wendy Petersen

*Thursdays from 1:00pm-4:00pm*

Enjoy learning the fun of stamping cards! Whatever your skill level, we will create cards and enjoy time together. Learn a variety of techniques on different styles of cards. Try out great techniques like stamping, masking, embossing, faux tile, watercolor pencil, and marble effects on various styles of cards including easel, box, crisscross, diamond fold, gatefold, and waterfall.

### **Improv for Life!** with Jenni Lilledahl

*Wednesdays from 12:30pm-1:30pm*

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. She considered Improv a part of her own healing journey. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness and of course, some laughter. No experience necessary and all are welcome!

*In partnership with Brave New Workshop.*



### **Lost & Found: Writing Our Way Through The Cancer Experience** with Carly Kryzer and Victoria Larson

*Every other Tuesday (Feb. 4 - April 14) from 5:00pm-6:15pm*

This six week writing support group will be held in a creative, educational and supportive setting allowing you to explore your cancer experience with the power of words, ultimately creating an individual final project to be displayed at the clubhouse. No writing experience necessary. Please plan to attend all six sessions. Limited to eight participants.



### **Open Art Studio** with Gilda's Art Therapy Interns

*Every other Wednesday (Jan. 8 - March 18) from 1:00pm-3:00pm*

*Every other Tuesday (Jan. 14 - March 24) from 1:00pm-3:00pm*

The studio doors are open and you are welcome to come and create using materials that we have available. This is an unstructured time to express yourself creatively. A helping hand will be in the studio to assist if you have questions, need support or creative guidance.

*In partnership with Adler Graduate School.*

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## Nutrition



### **Food for Life (4 part series)** with Jill Erickson

*Wednesdays, Jan. 22, 29, Feb. 5, & 12 from 11:00pm-1:00pm*

This class provides information on how certain foods and nutrients work to promote or discourage cancer growth, along with demonstrations of simple recipes that can be easily recreated at home. Certain diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. In this four-class series, you will learn about the food choices that can help reduce the risk of developing cancer as well as manage the disease after it has been diagnosed. These classes are ideal for individuals in post-treatment, their family and friends, as well as those looking to prevent the disease. Individuals in treatment are welcome to attend but encouraged to follow their healthcare team's diet recommendations.



This series is offered in four classes. Please sign up for and attend all four classes in the series.

**Class 1:** Introduction to How Foods Fight Cancer

**Class 2:** Fueling up on Low-Fat, High-Fiber Foods

**Class 3:** Discovering Dairy and Meat Alternatives

**Class 4:** Cancer-Fighting Compounds & Healthy Weight Control



### **What to Eat During Treatment** with Amber Kirtz

*Thursdays (Jan 30, Feb 20, March 19) from 12:00pm-1:30pm*

This class is geared towards individuals currently undergoing treatment as well as caregivers. Come learn about specific foods to help manage side effects you may be experiencing. This class will focus on nausea, sensitivity to smell, diarrhea, constipation, sore mouth, difficulty swallowing, taste alterations, and unintentional weight loss. You will have the opportunity to experience a recipe that will help you cope some of these side effects in each class.

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