



CHRISTUS ST. VINCENT HOLISTIC HEALTH & WELLNESS

Movement Classes

TAI CHI FOR HEALTH & RELAXATION for beginners with Jill L. Basso



Tai Chi Chuan is a moving, meditative exercise, that improves health, relaxation and balance with its slow and mindful movements. It is beneficial for all ages and cultivates inner strength for body, mind and spirit.

Jill L. Basso, MA, LMT is a Certified Tai Chi Instructor since 1995. www.desertsagetaichi.com

"Sifu Jill is a clear and attentive instructor. Her classes are upbeat, well paced and attract a wonderful community of people who share in the health benefits of Tai Chi." – P. Cook, PhD, Santa Fe

YOGA FOR HEALTHY AGING YOGA FOR CANCER PATIENTS with Cynthia Nero



It is never too early to start preparing for healthy aging and yoga can provide you with a strong foundation. In this class we will focus on combining strong mind, body, and spirit, with physical, mental, and emotional flexibility. Functional movement and full range of motion will be key elements to help us develop greater balance and to relieve tightness in our muscles and joints.

Cynthia Nero is a certified Iyengar Yoga teacher with 24 years of teaching experience. She is the author of *The Everything Yoga Book* and *Yoga Poses Shift Your State of Mind*.

QIGONG FOR HEALING with Sunny Smyth



Qigong, meaning the cultivation of life force or qi, is a powerful system of healing and energy medicine that developed over millennia in China. The slow, meditative movements linked with awareness of the breath and focused intention will improve your overall health, vitality, stamina and well-being. With consistent practice, it has been shown to reverse the effects of aging and illness. In recent times, qigong has worked in conjunction with modern medicine to help in the healing of cancer, immune system disorders and neurological conditions.

Sunny is a dedicated practitioner and certified teacher of MogaDao Qigong.

CHAIR YOGA YOGA FOR CANCER SURVIVORS with Lisa Gulotta



Chair Yoga is a gentle form of yoga presented in a safe, supported way as you invite the chair to replace the mat and become an extension of your body. We will focus on modified classic postures as well as therapeutic movements for those at risk for, or dealing with, upper and lower extremity lymphedema. This class is for all levels of ability and experience.

Lisa Gulotta is a Yoga Instructor, Fitness Trainer, Cancer Exercise Specialist, and Diabetes Lifestyle Coach and has a video *The Next Step, Vol 1: Restorative Exercise After Breast Cancer*. www.lisagulotta.com

CHRISTUS St. Vincent Holistic Health & Wellness
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JULY 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1) Yoga for Cancer Patients 9:30A-10:30A Tai Chi Intermediate (instructor permission) 4:30P-5:30P Tai Chi for Beginners 5:30P-6:30P	2) Meditation 12 Step Outreach 6:30P-7:30P	3) Contemplative Practice 5:15P-6:15P	4) Qigong for Healing 9:45A-10:45A Chair Yoga 11:15A-12:15P Yoga for Cancer Patients 5:30P-6:30P	5) Yoga for Healthy Aging 9:30A-10:30A SF Amputee Support Group 4:30P-6:00P	6)	7) Tai Chi 11:00A-12:30P (multi-level)
8) Yoga for Cancer Patients 9:30A-10:30A Forum For Growth 11A-12P Tai Chi Intermediate (instructor permission) 4:30P-5:30P Tai Chi for Beginners 5:30P-6:30P	9) Surviving Sisters Support Group 4:00P-5:00P Meditation 12 Step Outreach 6:30P-7:30P	10) Contemplative Practice 5:15P-6:15p Multiple Myeloma Support Group 11:00A-2:00P	11) Qigong for Healing 9:45A-10:45A Chair Yoga 11:15A-12:15P Yoga for Cancer Patients 5:30P-6:30P	12) Yoga for Healthy Aging 9:30A-10:30A	13)	14) Tai Chi 11:00A-12:30P (multi-level)
15) Yoga for Cancer Patients 9:30A-10:30A Tai Chi Intermediate (instructor permission) 4:30P-5:30P Tai Chi for Beginners 5:30P-6:30P	16) Meditation 12 Step Outreach 6:30P-7:30P	17) Contemplative Practice 5:15P-6:15P	18) Qigong for Healing 9:45A-10:45A Chair Yoga 11:15A-12:15P Parkinson's Support Group 1:30P-3:00P Yoga for Cancer Patients 5:30P-6:30P	19) Yoga for Healthy Aging 9:30A-10:30A	20)	21) Tai Chi 11:00A-12:30P (multi-level)
22) Yoga for Cancer Patients 9:30A-10:30A Tai Chi Intermediate (instructor permission) 4:30P-5:30P Tai Chi for Beginners 5:30P-6:30P	23) Surviving Sisters Support Group 4:00P-5:00P Meditation 12 Step Outreach 6:30P-7:30P	24) Contemplative Practice 5:15P-6:15P	25) Qigong for Healing 9:45A-10:45A Chair Yoga 11:15A-12:15P Yoga for Cancer Patients 5:30P-6:30P	26) Yoga for Healthy Aging 9:30A-10:30A	27)	29) Tai Chi 11:00A-12:30P (multi-level)
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