

Drop-In and Series Movement Classes - ALL VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Therapeutic Yoga:</u> <i>Yoga for Whole Living</i> w/Donna Ortner, RYT-200 10am-11am Starts 2/1-3/8 (\$72 for 6 weeks)</p> <p>Qigong w/ Cindy Hui Lio <i>Health Yi Jin Jing</i> 5:30pm-6:45pm Starts 2/22-3/29 (\$90 for 6 weeks)</p>	<p><u>Drop In Movement:</u> <i>Yoga for Strength & Vitality</i> w/Donna Ortner, RYT-200 7:00am-8:00am</p> <p><u>Tai Chi w/Cindy Hui Lio:</u> <i>Tai Chi for Balance</i> 10am-11am Starts 3/2 - 4/6 (\$72 for 6 weeks)</p> <p><i>Introductory Tai Chi</i> 5:45pm-6:45pm Starts 2/23 - 3/30 (\$72 for 6 weeks)</p>	<p><u>Drop In Movement:</u> <i>Gentle Yoga w/ Amanda Wentworth,</i> E-RYT-500 CRYT 10:30am-11:30am</p> <p><u>Tai Chi w/Cindy Hui Lio:</u> <i>Continuing Level Tai Chi</i> 5:15pm-6:15pm Starts 2/24 -3/31 (\$72 for 6 weeks)</p> <p><i>Advanced Level Tai Chi</i> 6:15pm -7:30pm Starts 2/24 -3/31 (\$72 for 6 weeks)</p> <p><u>Qigong w/ Cindy Hui Lio:</u> <i>Healing Qigong</i> 3:30 pm - 4:30 pm Starts 3/3-3/24 (\$48 for 4 weeks)</p>	<p><u>Drop In Movement:</u> <i>Yoga for Strength & Vitality w/ Donna Ortner, RYT-200</i> 7:00am-8:00am</p> <p><u>Therapeutic Yoga:</u> <i>Yoga for Stress w/ Thana Numan,</i> YTC-300 3:00 pm - 4:00 pm Starts 2/18-3/25 (\$72 for 6 weeks)</p>	<p><u>Drop In Movement:</u> <i>Qigong w/ Cindy Hui Lio</i> 7:00am-7:30am</p> <p><u>Therapeutic Yoga:</u> <i>Continuing Level Yoga w/ Melissa Shah, RYT-500</i> 11:15 am - 12:15 pm Starts 2/5 -2/26 (\$48 for 4 weeks)</p>

Yoga
Class-\$14
\$48/ 4 pack
\$72/ 6 pack
\$96/ 8 pack

Qigong
Class-\$10
\$36/ 4 pack

Registration for Movement Series, Classes, and MBSR:

Go to <http://www.vanderbilthealth.com/osher/> Click "Class Information". Once there follow these steps:

1. Create an account (if you already have an account, skip to Step 2)
2. Register for classes, series, courses, etc....

Check your email for your receipt and enrollment confirmation. We recommend saving these for your records.

(Note: You will get a reminder email 48 prior to your class or series with our address, parking.)

If you experience difficulties in registering online for our

Movement Classes or MBSR please contact the Mind Body Program Team at osher@vumc.org or 615-875-5790

OSHER CENTER FOR INTEGRATIVE MEDICINE

AN OUTPATIENT DEPARTMENT OF VANDERBILT UNIVERSITY MEDICAL CENTER

Group Classes and Series - ALL VIRTUAL

THURSDAY

TUESDAY

NEW

Living Well with Chronic Pain: Skills and Practices * via Telehealth w/ Kathleen Wolff & Amanda Wentworth C-IAYT, E-RYT500, RCYT

- Tools and Skills to help decrease pain and anxiety
- Blended group/yoga series
- Cost is copay(each visit) + \$40 (one time payment)

**Starts 3/2 -3/23
1:00pm-3:00pm**

Mindfulness Skills for Chronic Pain *via Telehealth w/ Michelle Foote - Pearce

**Starts 2/23 - 3/16
11:00 am - 12:30 pm**

**No Medicare

Health Coaching for Osher Skills * via Telehealth w/ Ruth Wolever, Ph.D. and Vikki Pedigo, NP

- Provide health and wellness coaching to a group of Osher patients, to empower the group members to engage in behaviors that will improve health and well-being.

**Starts 3/9 - 4/13
1:00 pm - 2:30 pm**

WEDNESDAY

Hypnosis for Pain * via Telehealth w/ Erin Connors

- In this class you will learn how to use self-hypnosis for pain management. We have two goals: to make long-lasting change in the way your brain deals with pain information, and to teach you a specific skill that you can use when you choose so that you experience less pain or it is less bothersome.

**Starts 2/10 - 3/17
4:30 pm - 6:00 pm**

THURSDAY

Sleeping Well *via Telehealth w/ Dennis McLeod, PhD

- This class is for patients who suffer from insomnia (disturbance falling and/or staying asleep) and have been diagnosed with some form of chronic pain/illness.

**Starts 3/4 - 4/15
2:30 pm - 4:00 pm**

Living Well with Chronic Pain: Skills and Practices * via Telehealth w/ Katy Hansen & Amanda Wentworth C-IAYT, E-RYT500, RCYT

- Tools and Skills to help decrease pain and anxiety
- Blended group/yoga series
- Cost is copay(each visit) + \$40 (one time payment)

**Starts 3/4 -3/25
2:00pm-4:00pm**

SATURDAY

Online Half Day Silent Retreat

- A day of meditation, guided movement and mindful eating.

**2/13- MBCT w/ Shelby Reyes
9:00am-1:00pm
(Cost \$25)**

*Included for currently enrolled MBCT/MBSR participants