### Therapeutic Yoga:
- **Yoga for Whole Living**
  - w/ Donna Ortner, RYT
  - 10am-11am
  - Starts 2/1-3/8
    - ($72 for 6 weeks)
- **Qigong w/ Cindy Hui Lio**
  - Health Yi Jin Jing
  - 5:30pm-6:45pm
  - Starts 2/22-3/29
    - ($90 for 6 weeks)

### Drop In Movement:
- **Yoga for Strength & Vitality**
  - w/ Donna Ortner, RYT-200
  - 7:00am-8:00am
- **Tai Chi w/ Cindy Hui Lio**
  - Tai Chi for Balance
  - 10am-11am
  - Starts 3/2 - 4/6
    - ($72 for 6 weeks)
- **Introductory Tai Chi**
  - 5:45pm-6:45pm
  - Starts 2/23 - 3/30
    - ($72 for 6 weeks)

### Drop In Movement:
- **Gentle Yoga w/ Amanda Wentworth, E-RYT-500 CRYT**
  - 10:30am-11:30am
- **Tai Chi w/ Cindy Hui Lio**
  - Continuing Level Tai Chi
  - 5:15pm-6:15pm
  - Starts 2/24-3/31
    - ($72 for 6 weeks)
- **Advanced Level Tai Chi**
  - 6:15pm-7:30pm
  - Starts 2/24-3/31
    - ($72 for 6 weeks)

### Drop In Movement:
- **Qigong w/ Cindy Hui Lio**
  - **Healing Qigong**
  - 3:30 pm - 4:30 pm
  - Starts 3/3-3/24
    - ($48 for 4 weeks)

### Drop In Movement:
- **Yoga for Strength & Vitality w/ Donna Ortner, RYT-200**
  - 7:00am-8:00am

### Drop In Movement:
- **Qigong w/ Cindy Hui Lio**
  - 7:00am-7:30am

### Therapeutic Yoga:
- **Continuing Level Yoga w/ Melissa Shah, RYT-500**
  - 11:15 am - 12:15 pm
  - Starts 2/5 - 2/26
    - ($48 for 4 weeks)

### Registration for Movement Series, Classes, and MBSR:
Go to http://www.vanderbilthealth.com/osopher/ 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
## Group Classes and Series - ALL VIRTUAL

<table>
<thead>
<tr>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>SATURDAY</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>NEW</strong></td>
<td><strong>Health Coaching for Osher Skills</strong> <em>via Telehealth w/ Ruth Wolfever, Ph.D. and Vikki Pedigo, NP</em>*</td>
<td><strong>Hypnosis for Pain</strong> <em>via Telehealth w/ Erin Connors</em>*</td>
<td><strong>Online Half Day Silent Retreat</strong> - A day of meditation, guided movement and mindful eating.</td>
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<tr>
<td><strong>Living Well with Chronic Pain: Skills and Practices</strong> <em>via Telehealth w/ Kathleen Wolff &amp; Amanda Wentworth C-IAYT, E-RYT500, RCYT</em>*</td>
<td></td>
<td><strong>Sleeping Well</strong> <em>via Telehealth w/ Dennis McLeod, PhD</em>*</td>
<td>2/13- MBCT w/ Shelby Reyes 9:00am-1:00pm (Cost $25)</td>
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</table>
| - 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 | | - 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 | *Included for currently enrolled MBCT/MBSR participants |
| **Mindfulness Skills for Chronic Pain** *via Telehealth w/ Michelle Foote - Pearce** | **Starts 3/9 - 4/13 1:00 pm - 2:30 pm** | **Living Well with Chronic Pain: Skills and Practices** *via Telehealth w/ Katy Hansen & Amanda Wentworth C-IAYT, E-RYT500, RCYT** | |
| **Starts 2/23 - 3/16 11:00 am - 12:30 pm** **No Medicare** | | - 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 | |