

# HARVARD WELLNESS WINTER SESSION SCHEDULE

Dear Harvard Wellness Program Participants,

Whether you want to try something new or continue a successful program, the Harvard Wellness Program can help with the new winter session of classes, workshops, and appointments. It's a great time to begin to think about your wellness plan for 2009 no matter what your goal. Position yourself for a new year with yoga, gain your balance with Pilates, or learn about an intuitive approach to healthy eating.

Thank you for your continued support and interest in the program. You will find a listing of all of the programs and offerings at the end of this message and on our website. Courses and workshops fill up quickly, be sure to register today!!

See our website for: course listings, staff bios, online registration, discounts and benefits for wellness ambassadors, wellness tips, outreach initiatives, testimonials, and more!

**[cw.uhs.harvard.edu](http://cw.uhs.harvard.edu)**

## **SESSIONS BY APOINTMENT**

### ***3207 MASSAGE THERAPY, 1-HOUR APPOINTMENTS***

- 1 hour appointment with a Licensed Massage Therapist
- Call 617.495.9629 to make an appointment
- Monday through Friday - afternoon and evening, limited morning appointments
- Saturday - morning, afternoon, and evening appointments
- Sunday - morning and afternoon appointments
- 75 Mt. Auburn Street, 2nd Floor, HUHS
- Fee: \$60.00 per hour (\$40.00/HUGHP Members)

Relax your mind and bring comfort to your whole body through massage therapy. In addition to aiding in general relaxation, massage can also help with specific conditions, such as back pain, repetitive strain conditions, and headaches.

### ***3208 MASSAGE THERAPY, HALF-HOUR APPOINTMENTS***

- ½ hour with a Licensed Massage Therapist
- Call 617.495.9629 to make an appointment
- Thursdays 9:00am-12:00pm
- 75 Mt. Auburn Street, 2nd Floor, HUHS
- Fee: \$37.00 per half hour (\$25.00/HUGHP Members)

Enjoy the benefits of a full-body massage in less time. If you cannot fit an hour appointment into your schedule, you can now take advantage of ½-hour appointments!

### **3209 RELAXATION ON-THE-GO MASSAGE**

- 10 minutes with a Licensed Massage Therapist
- Call 617.495.9629 to make an appointment
- Mondays from 12:00pm-2:00pm
- Wednesdays from 11:00am-2:00pm
- Fridays from 11:00am-2:00pm
- 75 Mt. Auburn Street, 2nd Floor, HUHS
- Fee: \$12.00 per 10 minutes (\$9.00/HUGHP Members)

Are you stressed out and looking for the perfect "pick-me-up" during the week? Research suggests that "mini-massages" during the day can help individuals cope with the stress of daily life more effectively. Call to set up your mini-massage - a relaxation break that will allow you to return to work with a calmer, clearer mind and rejuvenated body, as well as an overall feeling of well-being. Try one this week!

### **3210 ON-SITE MASSAGE THERAPY OR SHIATSU**

- 10 minutes with a Licensed Massage Therapist
- Call 617.495.9629 to arrange
- Fee: \$12.00 per person/ minimum of 6 people

As a perk for your staff, why not arrange for a massage or shiatsu therapist to visit your office? For a group who can arrange space in their office, the therapist/s will set up on-site chairs and provide ten-minute "mini-treatments." This form of rejuvenating therapy is done in an ergonomically designed chair with support for the entire body, and is done over clothing. Areas worked on are the back, neck, shoulders, arms and hands. Please, note that there is a \$24.00 set-up/break-down fee per therapist.

### **3211 SHIATSU (ACUPRESSURE)**

- 1 hour appointments with Karlo Berger, ABT, LMT
- Call 617.495.9629 to make an appointment
- Mondays at 6:00, 7:00, and 8:00pm
- 75 Mt. Auburn Street, 5th floor, HUHS
- Fee: \$60.00 per hour (\$40.00/HUGHP Members)

Experience the benefit! This Asian healing art uses finger and palm pressure, stretches, and massage techniques to treat pain and illness, reduce stress, and maintain health. Treatments are given in traditional Japanese style, on a futon mattress with clients fully clothed. Renewed vitality and deep feelings of wellness and relaxation are frequently reported - embrace your opportunity.

### **3212 REIKI**

- 1 hour appointments with a Licensed Massage Therapist
- Call 617.495.9629 to make an appointment
- Monday - Thursday, and Saturday
- 75 Mt. Auburn Street, 2nd Floor, HUHS
- Fee: \$60.00 per hour (\$40.00/HUGHP Members)

Re-energize! Reiki is a gentle, hands-on technique for reducing stress, relieving pain, and facilitating personal growth and the body's own healing. Through healing touch, your energy level is balanced and immune system enhanced. Take this opportunity to discover all of the benefits Reiki has to offer.

### **3213 ACTIVE RELEASE TECHNIQUE® (ART)**

- 1 hour appointments with a Licensed Massage Therapist
- Call 617.495.9629 to make an appointment
- Sunday and Monday - mid-day, afternoon, and evening appointments
- 75 Mt. Auburn Street, 2nd Floor, HUHS
- Fee: \$60.00 per hour (\$40.00/HUGHP Members)

Explore a different approach. ART is a movement based massage technique for overused muscles, tendons, and ligaments. Aches, pains, and repetitive injuries may benefit. A discussion and assessment of the texture, tightness and movement of tissues will guide the individualized hands-on work. Combining precisely directed tension, with very specific patient movements, your therapist works to improve your well being.

### **3214 ACUPUNCTURE, 1-HOUR APPOINTMENTS**

- 1 hour appointments with Jeffrey Matrician, Lic. Ac.
- Call 617.495.9629 to make an appointment (clinician clearance required)
- Tuesday & Friday - morning and afternoon appointments
- 75 Mt. Auburn Street, 2nd Floor, HUHS
- Fee: \$75.00 per hour (\$40.00/HUGHP Members)

Acupuncture is based on traditional Oriental medical theories and involves the insertion of metal needles through the skin at certain points on the body in an attempt to relieve pain or improve bodily function. Frequent uses include pain management (e.g. arthritis, back pain, and headaches), neurological conditions, asthma, drug abuse and alcoholism, nausea related to chemotherapy, weight control, smoking, stroke, gastrointestinal disorders, gynecological and obstetric problems, and stress management.

## **YOGA**

### **3215 HATHA YOGA BASICS AND BEYOND**

- Taught by Debbie Cohen
- Mondays from 12:00-1:00pm
- 42 Brattle Street
- January 5 - March 23 (no class 1/19, 2/26)
- Fee: \$100.00 (\$50.00/HUGHP Members)

Ever practiced yoga? Why not begin today? Whether you are a first-time participant or have been practicing yoga for several years, you won't want to miss this opportunity to start your week with limited stress. The benefits of this practice are sure to keep you calm and prepare you to face the challenges of each new work week.

### **3216 YOGA: OPEN, ENERGIZE AND RESTORE**

- Taught by Carla Fontaine
- Mondays from 5:30-7:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 5 - March 23 (no class 1/19, 2/26)
- Fee: \$100.00 (\$50.00/HUGHP Members)

Yoga can have a remarkable impact in your mind, body and spirit. Whether you are interested in supplementing other weekly exercise, trying yoga for the first time, or starting a personal practice, try this relaxed and fun class to start your week right. Instructed in the hatha style, this class is appropriate for beginners and those who have some previous yoga experience. The majority of the class will involve an active hatha practice; then the final third of the class will integrate restorative poses that help to heal the effects of chronic stress and physical ailments. Props such as blankets, blocks, and belts are used so that all students, regardless of age or ability, can benefit from the yoga poses (props are provided). By learning/practicing the basics of positioning, alignment, and action in the poses, you can achieve a balanced experience of the challenges, discoveries, and restorative healing of yoga.

### **3217 YOGA FOR LIVING WELL**

- Taught by John Schlorholtz
- Tuesdays from 1:00pm-2:00pm
- 42 Brattle Street
- January 13 - March 24
- Fee: \$110.00 (\$55.00/HUGHP Members)

Get well! You will be encouraged to notice the positive changes in your well-being that yoga promotes. The course focuses on personalized rhythmic movement, breathing techniques, and the development of balance and flexibility. Emphasis is placed on attending to the unique needs of each individual, especially those new to yoga and those who desire a gentle approach to their personal practice.

### **3218 SIMPLY YOGA: FUNDAMENTALS AND INTEGRATION**

- Taught by Marianne Bergonzi
- Wednesdays from 5:30pm-7:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 14 - March 25
- Fee: \$150.00 (\$75.00/HUGHP Members)

Positioning, alignment, and movement in basic yoga poses are all explored in this course. Attentive, step-by-step instruction will familiarize you with fundamental technique and guide you in structuring your practice at home. Course repertoire includes: standing poses, simple forward bends and twists, and basic breathing techniques.

### **3219 RELAX AND RENEW YOGA**

- Taught by Elizabeth Gudrais
- Fridays from 12:00pm-1:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS

- January 16 - March 20
- Fee: \$100.00 (\$50.00/HUGHP Members)

Yoga provides a unique opportunity to build strength while cultivating flexibility and balance; to relax and quiet the mind while simultaneously energizing. This class will help students unlock the power of yoga and set the foundation for a home practice. Students will learn how to use traditional yoga poses and breathing techniques to counteract life's stresses on body, mind, and spirit. Emphasizing proper alignment, this class will offer appropriate modifications for all body types and levels of experience.

## **SPECIAL PROGRAMS: EDUCATIONAL SESSIONS**

### ***3220 MEDITATION: CALMING THE MIND, OPENING THE HEART***

- Taught by Begabati Lennihan
- Thursdays from 7:00pm-8:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- February 5 - February 26
- Fee: FREE (registration required)

Learn techniques including concentration, relaxation, deep breathing, and guided visualization to help you calm the busy thoughts in your mind and open yourself to the inner source of peace, love, and strength in your heart. Suggestions will also be included for setting up a meditation routine at home to help realize the full benefit that meditation can provide and to find meaning and guidance in life. Initial registration is required.

### ***3221 HEALTHY HABITS = HAPPY YOU***

- Taught by Jeanne Mahon
- Thursday 1:00pm-2:30pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 22
- Fee: FREE (registration required)

Tired of making New Year's resolutions that don't stick? Want to improve your health and wellness? Join Jeanne Mahon to clearly identify and commit to one realistic and measurable goal (habit) that will get you on the road to feeling good about yourself and improving your health. Learn about the stages of change, the places where most people get stuck and the kinds of support and critical reinforcement you need to be successful!

### ***3222 EAT WHAT YOU WANT: THE INTUITIVE APPROACH***

- Taught by Michelle Gallant
- Wednesday 12:00pm-1:30pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- February 11
- Fee: \$10.00 (\$5.00 HUGHP Members)

These days, almost everyone is anxious and guilty about their eating. Is there a way out of the endless cycle of deprivation and overeating? The intuitive eating approach can help you find a balance between eating what you want and eating for health in a way that is sustainable and life affirming. Learn how giving yourself permission to eat actually allows you to gain control of your eating.

### **3223 *MANAGING STRESS: AN INTRO. TO MINDFULNESS***

- Taught by Rod Sloat
- Thursday 1:00pm-2:30pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- February 19
- Fee: FREE (registration required)

Mindfulness consists of paying attention to an experience from moment to moment - without drifting into thoughts of the past or concerns about the future. Practicing mindfulness can increase life enjoyment, improve the ability to cope with illness, and improve physical and emotional health. Join Rod Sloat LICSW to learn some hands on meditative techniques that will help you to manage stress and change negative thinking.

### **3224 *HOMEOPATHY: NATURAL MIND-BODY HEALING***

- Taught by Begabati Lennihan
- Monday 12:00pm-1:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- March 9
- Fee: \$10.00 (\$5.00 HUGHP Members)

Homeopathy is a low-cost, nontoxic system of medicine used by millions of people worldwide. It is particularly effective in treating chronic illnesses that fail to respond to conventional treatment. You will learn how simple practical homeopathic remedies can help with common conditions such as allergies, headaches, upset stomach, insomnia, and stress related conditions.

### **3225 *SELF CARE FOR THE CAREGIVER***

- Taught by Jeanne Mahon
- Thursday 1:00pm-2:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- March 12
- Fee: FREE (registration required)

Feeling burnt out? Tired of giving? Getting resentful? Snippy? Together, we will identify and name the things we are putting up with in our lives that drain us of energy and joy. We will also look at how we can begin to add moments to our day that over time increase our sense of well being and happiness.

## **SAFETY COURSES**

### **3226 HEARTSAVER COURSE: ADULT AND CHILD CPR / AED**

- Taught by Steve Dudley
- Tuesday from 6:45pm-9:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- February 10
- Fee: \$53.00 (\$26.50/HUGHP Members)

This course covers one-person adult and child CPR, use of an automated external defibrillator (AED), and obstructed airway clearance (the procedure sometimes called the Heimlich maneuver) on the conscious adult and child. Hands-on practice with training mannequins and AED is included. Certification card from the American Heart Association is available, please see note below.

### **3227 INFANT AND CHILD CPR**

- Taught by Steve Dudley
- Tuesday from 6:45pm-9:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- February 17
- Fee: \$48.00 (\$24.00/HUGHP Members)

This training covers CPR on the child (ages 1-8) and the infant (under 1 year), and obstructed airway clearance on the conscious and unconscious child and infant. Hands-on practice with training mannequins is included. Certification card from the American Heart Association is available, please see note below.

### **3228 PEDIATRIC FIRST AID**

- Taught by Steve Dudley
- Tuesday from 6:45pm-9:00pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- February 24
- Fee: \$48.00 (\$24.00/HUGHP Members)

This First Aid Awareness training contains information on how to manage illness and injuries in a child during the first few minutes of an emergency until professional help arrives. Covers: preventing injuries, recognizing and treating cardio pulmonary heart diseases, and treating choking in infants and children. Includes: first aid basics, medical emergencies, injury emergencies and environmental emergencies. An ideal resource for parents, first responders, teachers, babysitters, Little League coaches, and any individual who has regular interactions with children. Certification card from the American Heart Assoc. available, see note below.

## **3229 HEARTSAVER COURSE: ADULT AND CHILD CPR / AED (NON-CERT.)**

- Taught by Steve Dudley
- Tuesday from 6:45pm-8:45pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- March 17
- Fee: \$40.00 (\$20.00/HUGHP Members)

This course covers one-person adult and child CPR, use of an automated external defibrillator (AED), and obstructed airway clearance (the procedure sometimes called the Heimlich maneuver) on the conscious adult and child. Hands-on practice with training mannequins and AED is included. No test is administered in this course and certification is not provided.

**Note** - In order to keep the costs of these safety courses as low as possible we have subtracted the price of the certification card for those who do not wish to have one. Certification cards can be purchased from the instructor for \$7. Multiple certifications can be listed on one card. Please indicate when registering that you would like to receive the certification card, so that materials can be prepared for you accordingly.

## **MOVEMENT/EXERCISE**

### **3230 LIFE CONDITIONING**

- Taught by Michael Schreiber
- Tuesdays and Thursdays from 12:15pm-1:00pm
- Malkin Athletic Center, Fitness Room 1
- January 6 - March 26 (no class 2/24, 2/26)
- Fee: \$176.00 (\$88.00/HUGHP Members)

If you want to maintain your lean muscle mass with conservative, safe, simple and varied workouts, this class is for you. The course will emphasize working the major muscle groups of the upper and lower body through low-intensity exercises. The class will include a short warm-up, muscle work and stretching.

### **3231 PILATES ESSENTIALS (MAT BASED)**

- Taught by Helena Chang
- Tuesdays from 5:30pm-6:30pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 13 - March 24 (no class 2/17)
- Fee: \$100.00 (\$50.00/HUGHP Members)

By learning to apply the principles of pilates to your own body, you will develop the coordination necessary for healthy biomechanics resulting in effortless good posture and core strength. Participants will be instructed in fundamental pilates techniques and will practice simple, targeted exercises designed to create suppleness and space in both body and mind. Beginners and those with previous pilates experience will find a welcoming, supportive environment. Come ready to focus, explore, and discover!

### **3232 *imPERFECT PILATES (MAT BASED)***

- Taught by MJ Kenny
- Fridays from 1:15pm-2:15pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 16 - March 20
- Fee: \$100.00 (\$50.00/HUGHP Members)

The Pilates method of body conditioning builds energy and ease in breath and movement, enhancing good body mechanics, concentration, posture and balance. This mat-based class incorporates exercises designed to strengthen the core muscles of the body, improve posture and locate flexibility without adding bulk. Personal attention is given to ensure proper form. Both experienced pilates students and newcomers are welcomed and receive personal attention. This class and "Pilates Essentials" welcome newcomers and experienced students in a friendly, playful, supportive environment.

### **3233 *DYNAMIC MOVEMENTS: OPTIMIZING FLEXIBILITY, BALANCE AND STRENGTH***

- Taught by Rochelle Wolfe
- Thursdays from 5:30pm-6:30pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 15 - March 19
- Fee: \$100.00 (\$50.00/HUGHP Members)

This class offers a refreshing & energizing, full body conditioning work out perfect for all levels. Abs, lower back, buttocks, hips & arms will be strengthened & toned through floor (mat) and standing exercises, choreographed to music. Exercises will focus on strength & flexibility improvement, while emphasizing proper posture & alignment, making you stronger, more toned, balanced & less prone to injury. You will also receive the benefit of exercises that will relax your entire body- ridding you of stress carried in the neck, shoulders, back & legs. All of this will be achieved while having fun. Your body will love you!

### **3234 *TAI CHI TO CULTIVATE HEALTH***

- Taught by Jeffrey Matrician
- Fridays from 5:30pm-6:30pm
- Monks Library, 75 Mt. Auburn Street, 2nd Floor, HUHS
- January 16 - March 27
- Fee: \$110.00 (\$55.00/HUGHP Members)

Through the gentle and slow movement of Tai Chi, which is deeply rooted in Chinese martial arts, you can become attuned to your vital force, or chi. In the traditional Chinese worldview, chi represents the basic flux of "energy" in the body. During this course, focus will be on the practice of Tai Chi to maintain, cultivate or restore health. You will also learn correct posture, stance and movements to help promote strength and balance. Techniques for relaxation and frame of mind deepen the practice.