

**SIERRA WELLNESS CENTER** **March 2014** **JOIN US FOR FREE & FUN ACTIVITIES!**

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>						
2	3	4	5	6	7	8
	Relapse Prevention 12:00 – 1:00pm Soul Art Referral Only 1:00pm – 2:30pm Club House Live 2:45pm – 5:00pm	Open Art Studio 12:00pm-1:30pm HSP Support Group Referral Only 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45 -5:00pm 		Chakra Yoga & Meditation 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
9	10	11	12	13	14	15
 DAYLIGHT SAVINGS TIME	Relapse Prevention 12:00 – 1:00pm Soul Art Referral Only 1:00pm – 2:30pm Club House Live 2:45pm – 5:00pm	HSP Support Group Referral Only 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45 -5:00pm		The Idea Garden 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm	
16	17	18	19	20	21	22
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23	24	25	26	27	28	29
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30	31					
	Wellness Center closed					

Our address is: 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1740

## DESCRIPTION OF WELLNESS CENTER ACTIVITIES

### **THE IDEA GARDEN:**

A Fertile Conversation Space for Ideas and Connection

The Idea Garden is a sacred space where individuals can feel connected to a living community. It is the opportunity to gather with others in a fertile environment to cultivate ideas, find meaning, and participate in inspiring conversations that strengthens the heart of the human community.

The Idea Garden aims to inspire people to use their minds and hearts at their maximum capacity and to come to appreciate the personalities and contributions of others, even if they differ from their own.

True conversation occurs when we feel at ease expressing our ideas and sentiments, while remaining free to modify them based on what we learn from others. It is in such environments that great ideas are born... and where people find the energy to have a positive influence on the world.

Join us every-other Friday 1:00pm-2:30pm.

**RELAPSE PREVENTION GROUP:** This group is designed to deliver information, support and camaraderie. We have many goals for the Relapse Prevention Group. Some of our goals include; Allow interaction with other people in recovery, receive relapse prevention material and group cohesion. Please join us!!

**Club House Live M.S. & Club House Live H.S.** is a free after school program for Middle School & High School students that gives Mammoth youth a safe place to hang out, do homework and socialize. Activities will be developed together, such as dances, movie nights and community events.

### **LIVING STRESS FREE & MAKING POSITIVE**

**CHOICES:** Has stress gotcha down? Come and learn anger management techniques and fun ways to feel less stressed and start enjoying your life to the fullest

**HIGHLY SENSITIVE PERSON SUPPORT GROUP:** This support group is open to all HSPs interested in being in a validating and supportive environment, engaging in self-exploration and personal growth through expressive arts, and connecting with other HSPs to share experiences and strategies. We will use different mediums such as watercolor, collage, clay, music, movement, and other forms of creative expression to learn about ourselves, tap into creativity, and express difficult to articulate feelings, emotions, and experiences.

**Please note:** The requirement to take this class is to take the HSP Assessment, prior to joining the group. Here is the website to the assessment:

<http://www.hsperson.com/pages/test.htm>

### **Chakra Yoga & Meditation:**

Chakras are seven energy centers within the body, from the base of the spine to the crown of the head that can affect overall health if they become blocked or overloaded. Re-balance the body and mind through simple yoga poses, breathing and meditation to achieve physical, emotional and spiritual harmony.

### **Soul Art: Nourishing Mind, Emotions, & Creativity**

Join this weekly workshop to learn different techniques of mixed media art to engage in inner-work, contemplation and personal growth. No experience required!

**OPEN ART STUDIO:** Come in for conversation, a movie, reading or art. Feel free to bring in a project that you would like to work on.

**Yin Yoga:** Yin is a passive style of yoga where stretches are held for longer periods in comfortable positions (2-5 minutes). No standing poses or flowing combinations! The purpose is to improve mobility in the hips and spine and gain access to deeper connective tissue (fascia). Focus is on the breath and the practice encourages relaxation, stress release and a sense of surrender in both body and mind. PLEASE NOTE THE TIME CHANGE!!