

## ONGOING CLASSES AT THE CENTER FOR HEALTH & FITNESS

514 N. Prospect Ave., 2nd Floor, Redondo Beach Single class is \$16. Packages available. [beachcitiesgym.org](http://beachcitiesgym.org)

CLASS	DATE/TIME	DESCRIPTION
<b>Sunrise Yoga</b>	Tuesdays & Thursdays 7:30–8:40 a.m.	Start your day in an energizing way in this mindful morning yoga class. Move gently through poses designed to awaken your mind and stimulate your body.
<b>Tai Chi</b>	Wednesdays 7–7:55 a.m.	Often described as meditation in motion, this graceful, gentle form of exercise will help to increase flexibility and balance, while promoting relaxation and stress reduction.
<b>Yin Yang Yoga</b>	Sundays 9–10:10 a.m.	A perfect balance of Yin (stretching) and Yang (strength) movements, this class caters to those looking for enhanced mobility and to strengthen your practice.
<b>Restorative Yoga</b>	Multiple days & times	Use of props and focused breathing practices to relax and rejuvenate. Gently improves flexibility and reduces stress.

### Mindfulness Resources:

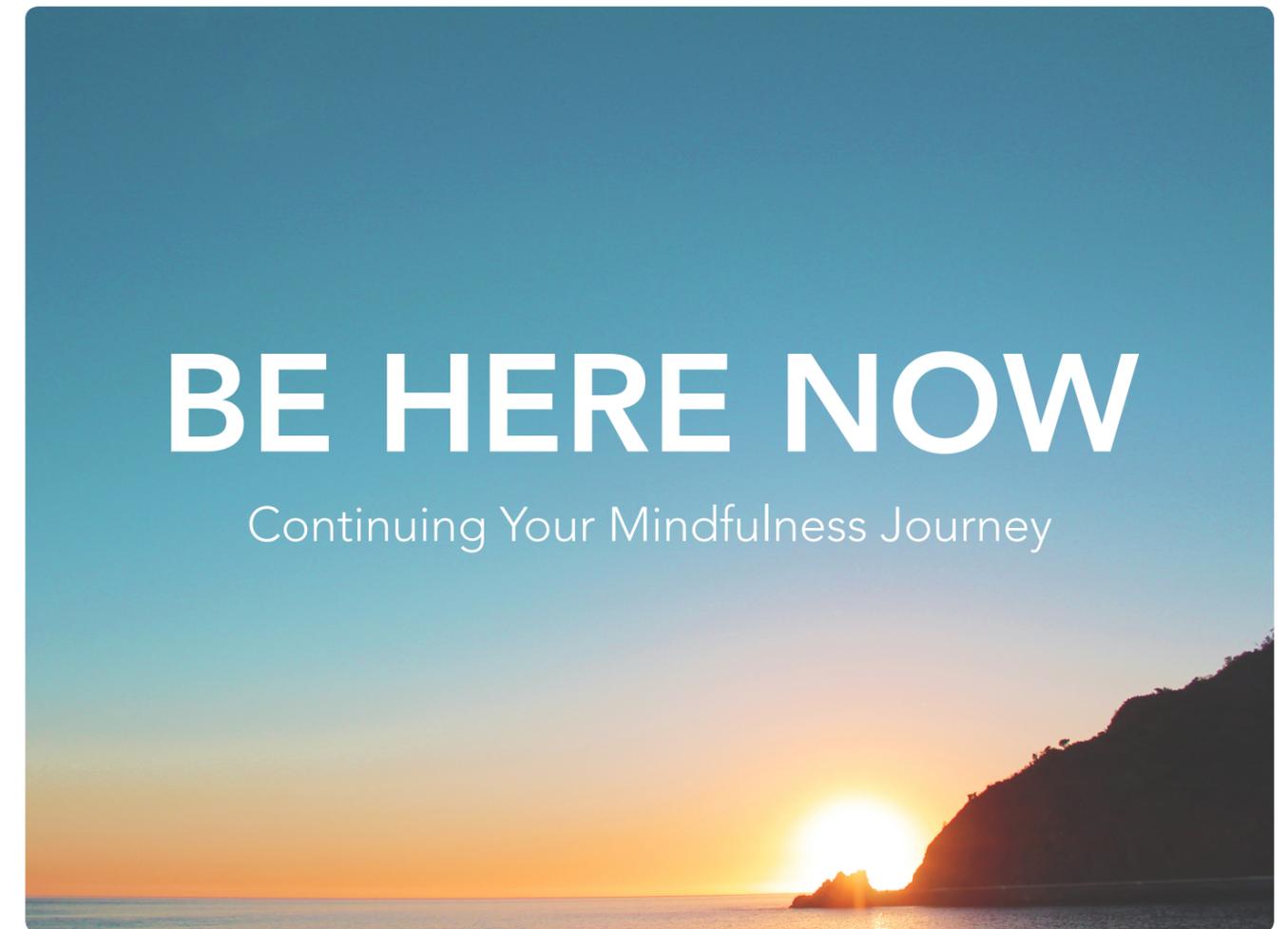
- **InsightLA** offers mindfulness classes, workshops, retreats, sitting groups and free guided meditations online. Visit [insightla.org](http://insightla.org) for more information.
- **Life Lab** offers a variety of guided meditations and creative experiences throughout the month. Ranging from 90 minutes to day-long retreats, its classes will help you develop a more peaceful understanding and connection to yourself. Costs range from \$25–\$120 per class. Visit [lifelabhb.com](http://lifelabhb.com) for more information.
- **UCLA's Mindful Awareness Research Center (MARC)** offers mindfulness classes, including online courses, workshops and free drop-in meditation sessions both in-person and online. Visit [marc.ucla.edu](http://marc.ucla.edu) for more information.
- **The Breathing Room Meditation Studio** in Manhattan Beach offers meditation classes throughout the week that last 30 to 45 minutes. Visit [shenminghealth.com/the-breathing-room](http://shenminghealth.com/the-breathing-room) for more information.
- **MindUP™ Gratitude Map** is a place to share your thoughts and enjoy expressions of gratitude from around the world. Visit [gratmap.mindup.org](http://gratmap.mindup.org) for more information.
- **South Bay Families Connected** is a free community resource for all South Bay parents focused on teen wellness and substance use prevention. Visit [southbayfamiliesconnected.org](http://southbayfamiliesconnected.org) for more information.
- **Mindful** is an online magazine dedicated to Mindful Living. Visit [mindful.org](http://mindful.org) for more information.

Try a highly rated **mobile app** to support your mindfulness practice: Calm, Insight Timer, Headspace, Mindfulness Daily, Relax Melodies, Simply Being and many more.

### Mindfulness Books:

- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, by Jon Kabat-Zinn, PhD
- *Fully Present, The Science, Art and Practice of Mindfulness*, by Susan L. Smalley, PhD and Diana Winston
- *10% Happier, How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works—A True Story*, by Dan Harris
- *Stress Management Made Simple, Effective Ways to Beat Stress for Better Health*, by Jay Winner, M.D.
- *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder*, by Arianna Huffington
- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, by Jon Kabat-Zinn, PhD
- *10 Mindful Minutes: Giving Our Children—and Ourselves—the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happy Lives*, by Goldie Hawn with Wendy Holden

Resources and events are provided as information only and do not imply endorsement by BCHD



## Mindfulness in the Beach Cities Resources & Opportunities

Presented by



## 2018 MINDFULNESS WORKSHOP PRESENTERS



**Eric McCullum**  
InsightLA

Eric McCullum has been practicing meditation for more than 20 years and is a teacher with InsightLA. He also teaches mindfulness classes at the University of Southern California and leads meditation sitting groups in Santa Monica and the South Bay.



**Tristan Coopersmith, MFT**  
Life Lab

Tristan Coopersmith is a licensed psychotherapist and the founder of Life Lab, a women's wellness studio in Hermosa Beach. Additionally, Tristan consults with corporations on brain health in the workplace on how to create healthier, happier, more effective employee experiences and environments.



## Mindfulness in Daily Living

### What is Mindfulness?

Mindfulness is paying attention in the here and now with a quality of openness, curiosity and kindness. This practice teaches us to meet the present moment's experience, which includes all the thoughts, feelings, sensations, sounds etc., with a stance of allowing discernment. Over time and with practice, many find that through mindfulness they gain more clarity about circumstances in their life and they are better able to handle stressors at home and in the workplace.

### Mindfulness Practices at Home and in the Workplace

- **Daily Five-Minute Breath Meditation:** Sit comfortably in a place where you are unlikely to be disturbed. Pay attention to the breath for five minutes as it moves in and out of the body (focusing at the nose, chest or at the abdomen.) Allow yourself to attend to the breath with interest and openness. When your mind wanders, notice where you have gone and gently return to the breath. Remember, you are not trying to achieve any particular state ... we are practicing being present now with whatever is here. See what happens.
- **Mindful Eating:** Eat a snack mindfully. Notice the sight, touch, smell, taste, sound and thoughts and feelings you are experiencing while you are eating. When the mind wanders, bring your attention back to the act of eating.
- **Mindful Movement:** The longer you sit at a desk, the worse you physically feel. For every 30 minutes of sitting, do four minutes of movement. Stretch your arms over your head, walk, do some neck rolls. Notice how your body feels before and after you move.
- **STOP – (stop, take a breath, observe and proceed):** This is a helpful tool to help you cope with stress. Learning to "STOP" can prevent you from becoming overwhelmed by negative emotions. Also, if the moment is pleasant, you can truly enjoy this pleasant moment, instead of missing it. Doing "STOP" can also add a moment of mindfulness at any time during your day.
- **Daily Mindfulness Practices:** Practice mindfulness while brushing your teeth, shaving, making coffee, washing dishes, folding laundry, taking out the garbage, walking to the bathroom, when stopped at a red light, etc.
- **Savor a Happy Memory:** Really feeling the joy that you felt during a happy experience can release the same chemicals in the brain as when it actually happened.

## ONGOING MINDFULNESS OPPORTUNITIES

### Beach Cities Health District: Mindfulness Meditation & Aging

Explore how mindfulness meditation can help you learn and grow through the aging process. Beginners and experienced individuals are welcome. Pre-registration is required for this six-week series. Must be age 55+.

**Date & Time:** Schedule TBD

**Location:** Varies

**Cost:** Free

**Contact:** Contact Tiana Rideout, (310) 374-3426, ext. 139 or tiana.rideout@bchd.org

### Mindfulness for Seniors (55+)

This class will include two to three periods of Mindfulness practice. You can sit in a chair, cushion, or on the floor. No registration required, 55 years and older. Supported by BCHD.

**Date & Time:** Tuesdays, 10:30 – 11:30 a.m.

**Location:** Joslyn Community Center - Surf Dance Room, 1601 Valley Drive, Manhattan Beach

**Cost:** Free

**Contact:** City of Manhattan Beach, Older Adults Program (310) 802-5447 or www.citymb.info

### Beach Cities Health District: Mindfulness Drop-in

Take 30 minutes to downshift and practice mindfulness techniques. Guided meditation facilitated by Shiori Lange. No registration required. Doors open at 5:15 p.m.

**Date & Time:** First Wednesday of the month, 5:30 – 6 p.m

**Location:** Beach Cities Health District, Beach Cities Room on Lower Level, 514 N. Prospect Ave., Redondo Beach

**Cost:** Free

**Contact:** : Tiana Rideout, (310) 374-3426, ext. 139, tiana.rideout@bchd.org, or bchd.org/mindfulness

### InsightLA Sitting Group

Every 1st & 3rd Tuesday of the month at 7:30 p.m., this sitting group includes a 20-30 minute sit, followed by a short reading or talk. The last 30 minutes of the meeting will allow an open discussion about individual practices and the dharma. This group is meant to foster an open and earnest exploration into what it means to practice mindfulness in today's world.

**Date & Time:** 1st & 3rd Tuesdays, 7:30 – 9 p.m.

**Location:** Beach Cities Health District, First Floor in the chapel, 514 N. Prospect Ave., Redondo Beach

**Cost:** This is a donation-based class

**Contact:** InsightLA, (310) 450-1821, programs@insightla.org or register at insightla.org

### InsightLA South Bay Beach Sit

On the first Sunday of every month, Eric McCullum will lead the South Bay Beach Monthly Sit. Each meeting brings together all of the South Bay Sitting Groups for a sit and open discussion. This monthly sit is meant to bring together individuals who wish to enhance their mindfulness.

**Date & Time:** Sundays, 9 – 10 a.m.

**Location:** At the beach directly west of Herondo St. (190th) and Hermosa Ave. You can park in the public parking there at the west side of the intersection or on Herondo/190th and walk down to the beach.

**Cost:** This is a donation-based class

**Contact:** InsightLA, (310) 450-1821, programs@insightla.org or register at insightla.org

### Life Lab Classes

Life Lab offers women's classes to support your mindfulness practice with workshops, monthly classes and community events. Experiences are all designed to create more intentional, purposeful mindful living.

**Date & Time:** Multiple class offerings

**Location:** Life Lab Zen Den, 936 Hermosa Ave., Suite 110, Hermosa Beach

**Cost:** Varies

**Contact:** Life Lab, (323) 451-9406, hello@lifelabhb.com or register online at lifelabhb.com/classes