

Ongoing classes at the Center for Health & Fitness

514 N. Prospect Ave., 2nd Floor, Redondo Beach Single class is \$16. Packages available. beachcitiesgym.org

CLASS	DATE/TIME	DESCRIPTION
Sunrise Yoga	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.
Tai Chi	Tuesdays 8–8:55 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.
Yoga Basics	Mondays, 8:45–9:40 a.m. Tuesdays, 8:50–9:45 a.m.	An introduction to yoga. Promotes relaxation and improves flexibility, balance and strength.
Restorative Yoga	Saturdays 8:45–9:55 a.m.	Use of props and focused breathing practices to relax and rejuvenate. Gently improves flexibility and reduces stress.
Yin–Yang Yoga	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 yogis looking to strengthen their practice.

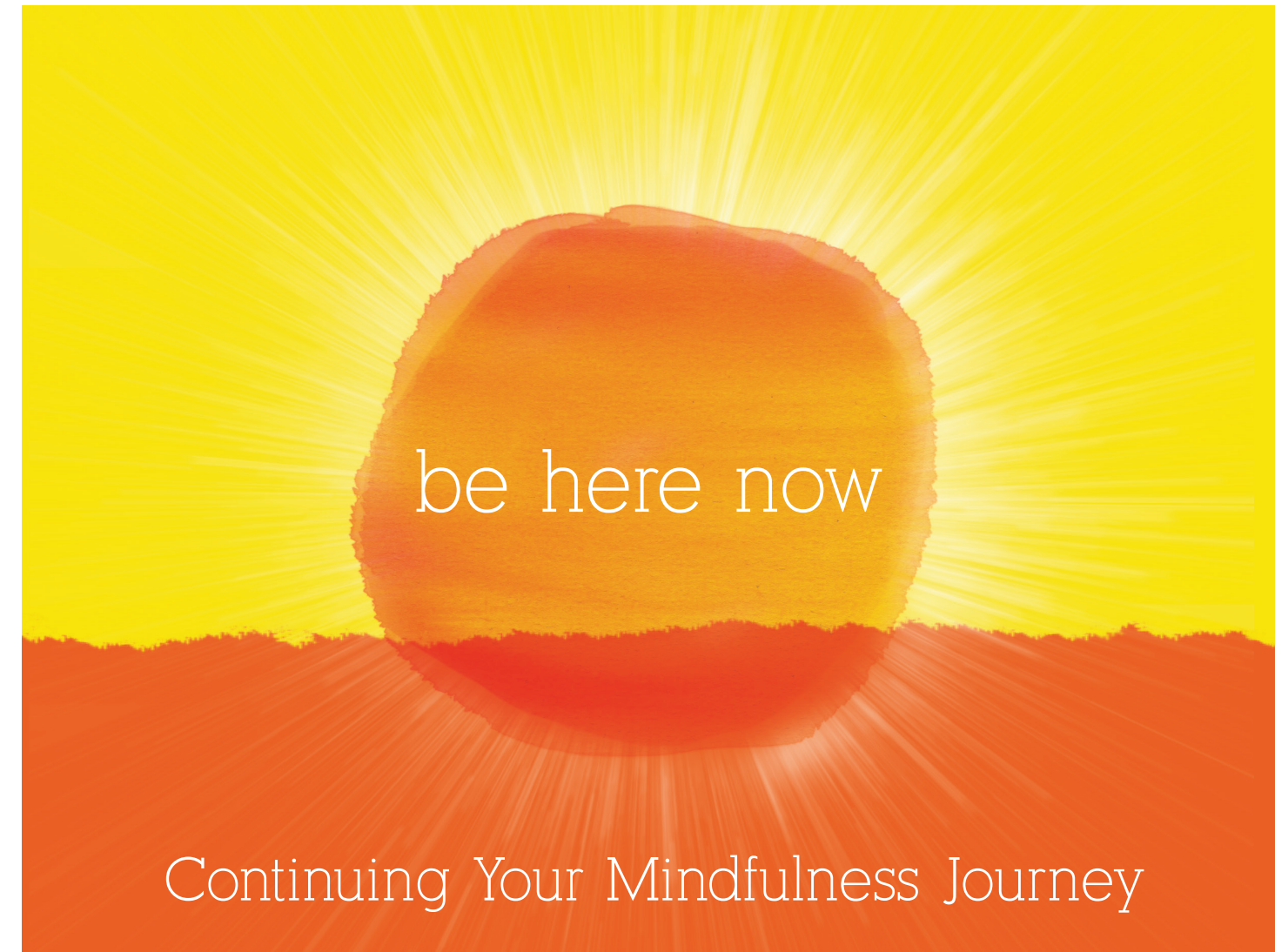
MINDFULNESS RESOURCES:

- UCLA's Mindful Awareness Research Center (MARC): UCLA offers mindfulness classes, including courses online, workshops, free drop-in meditation sessions, along with free guided meditations online. Next series of Mindful Awareness Practices for Daily Living starts November 1 – December 6, 2016. Registration information and program calendar at marc.ucla.edu
- Mindfulness-based Stress Reduction Programs (MBSR) offered by Gloria Kamler – Eight-week Mindfulness training program offered in Pasadena and Santa Monica starting January 2017. Registration information at mbsrlosangeles.com
- InsightLA: InsightLA offers mindfulness classes, workshops, retreats, sitting groups and free guided meditations online. Registration information and calendar at insightla.org
- MindUP™ Gratitude Map: Share your thoughts and enjoy expressions of gratitude from around the world gratmap.mindup.org
- South Bay Families Connected: A free community resource for all South Bay parents focused on teen wellness and substance use prevention. Online resource lists, event calendar, parent blog and more available at southbayfamiliesconnected.org
- Mindful: An online magazine dedicated to Mindful Living mindful.org
- Headspace: 10-minute guided mindfulness meditations that will support your mindfulness practice headspace.com
- Mindfulness with Anderson Cooper: A 60 Minutes Reports on Mindfulness Meditation www.cbsnews.com/news/mindfulness-andersoncooper-60-minutes
- Insight Timer (Meditation Timer): Use the Insight Timer to connect with and support your meditation practice insighttimer.com

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 Beach Cities Health District.



Mindfulness in the Beach Cities Upcoming Events & Opportunities



Manhattan Beach
Unified School District

Presented by



South Bay Families Connected: Teen Wellness Speaker Series for Parents

Offering parents everything from mindfulness parenting workshops, to alcohol and substance use prevention strategies, as well as an opportunity to connect with other parents and discuss the challenges we all share.

A free, monthly parent education event at Pages, 904 Manhattan Ave., Manhattan Beach

Register online at SouthBayFamiliesConnected.org

UPCOMING EVENTS

Thursday, Oct. 27, 7 – 8:30 p.m.

Grit: Raising Resilient Kids
Moderated by Greg Allen, PhD,
Executive Director of Freedom4U

Monday, Nov. 14, 7 – 8:30 p.m.

Discussing "Forgive for Good: A Proven Prescription for Health and Happiness"
Moderated by Fred Luskin, PhD,
Director of the Stanford University Forgiveness Projects



Mindfulness in Daily Living, with Gloria Kamler, M.A.

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 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 thirty 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.
- **Other Daily Mindfulness Practices:** Practice mindfulness while brushing your teeth, shaving, making coffee, washing dishes, folding laundry, taking out the garbage, walking to the bathroom, driving, window gazing, etc.

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.

Date & Time: 6 sessions held on Thursdays, Oct. 27 – Dec. 8 (Thanksgiving excluded), 9 – 10 a.m.

Location: Veterans Park Senior Center, 309 Esplanade, Redondo Beach, CA 90277

Contact: Shiori Lange, (310) 374-3426 ext. 262, slange@bchd.org

Cost: Free

Mindfulness for Seniors (50+)

Mindfulness practice in a group led by Marc Saldana. No registration required, 50 years and older. Supported by Beach Cities Health District.

Date & Time: Fridays, 12:45 – 1:30 p.m.

Location: Hermosa 5-0, 410 Pier Ave., Hermosa Beach

Contact: City of Hermosa Beach, (310) 318-0280 or www.hermosabch.org

Cost: Free

Mindfulness for Seniors (55+)

This class will include 2 to 3 periods of Mindfulness practice led by Marc Saldana. You can sit in a chair, cushion, or on the floor. No registration required, 55 years and older. Supported by Beach Cities Health District.

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

Location: Joslyn Community Center - Surf Dance Room, 1601 Valley Drive, Manhattan Beach, CA 90266

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

Cost: Free

Mindfulness Drop-In with Beach Cities Health District

Take 30 minutes to downshift and practice mindfulness techniques. Guided meditation facilitated by Greg Flaxman and Shiori Lange.

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

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

Cost: Free

InsightLA Hermosa Beach Sitting Group

Every 2nd and 4th Tuesday of the month at 7:30 p.m., Eric McCullum will lead the Hermosa Beach Sitting Group. Each meeting will include 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: 2nd & 4th Tuesday of every month, 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 class

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

Weekly Mindfulness Practice at Manhattan Beach Community Church

Guided mindfulness practice for all levels with Linda England and Kriss Light.

Date & Time: Mondays and Wednesdays, Noon – 1 p.m.

Location: Manhattan Beach Community Church, Fireside Room, 303 S. Peck Ave., Manhattan Beach

Contact: MBCC Office, (310) 372-3587, mbccucc.org

Cost: Free

Meditation & Buddhism Classes: Dharma for Kids and Families

In this lighthearted and fun class, children will learn how to build a space of inner strength and confidence while developing their own good qualities. Parents are welcome to stay with their children and enjoy the beauty of Dharma in these classes taught by Gen Kelsang Tangpa.

Date & Time: Every Sunday, 11:30 a.m. – 12:30 p.m.

Location: Mahamudra Kadampa Buddhist Center, 500 6th Street, Hermosa Beach, CA 90254

Contact: (310) 848-9680, info@MeditateInTheSouthBay.org, or meditateinthesouthbay.org/meditation-classes/sunday/

Cost: \$5 one child, \$10 per family

Library Meditation

Practice mindfulness meditation with Julie Rader at the Manhattan Beach Library.

Date & Time: Thursday, December 1, 12:30 – 1:15 p.m.

Location: Manhattan Beach Library, 1320 Highland Ave., Manhattan Beach

Contact: Melissa McCollum, (310) 545-8595, mmccollum@library.lacounty.gov, or colapublib.org/calendar

Cost: Free

Yoga on the Redondo Pier

This donation-based yoga class features a different yoga studio each month.

Date & Time: 3rd Saturday of every month, 10 a.m. – noon

Location: Redondo Pier at the octagon space, 100 Fisherman's Wharf, Redondo Beach

Contact: theflybuddha.com

Cost: Suggested donation of \$10