



Prenatal Yoga

Prenatal yoga classes bring together elements of Hatha yoga, mindfulness, meditation, self-inquiry, and group support. This combination is

designed to bring awareness, reduce stress, and help alleviate many of the common physical discomforts and the emotional concerns of pregnancy. Women of all fitness levels can participate. No experience is necessary. Wear comfortable clothing and bring a small blanket or mat.

New Moms and Babies—Postpartum Yoga, Movement and Support

Bring your little one! Celebrate, commiserate, and share your ideas and resources. Women of all fitness levels can participate. No experience is necessary. Bring a pillow and blanket or mat.

Acupressure

Learn acupressure points and self-care exercises that will enable you to actively participate in your own healing. Acupressure is an ancient technique that uses the fingers to press key surface body points to stimulate your natural healing system. Acupressure can help relieve many conditions such as chronic pain, neck and back pain, muscle aches, tension due to stress, headaches, asthma, and sinus problems. An optional textbook is available at an additional cost.

Condition specific

The following classes/groups are also offered at our Santa Teresa Medical Center and may require a confirmed diagnosis or a referral from your medical practitioner. For more information call **(408) 363-4930**.

Fibromyalgia/Chronic Fatigue Syndrome

This series is offered as a social support series for those with fibromyalgia or chronic fatigue syndrome. You'll learn appropriate stress-reduction techniques, share information and community resources, and explore positive, healthful behaviors. In this informal series, the facilitator will guide you in positive, solution-oriented discussions, promoting good health through informed social support. Diagnosis and treatment is a prerequisite for this series, although a physician's referral is not required.

TMJ Class

A class for people with temporal mandibular joint (TMJ) syndrome. Learn about precautions and self-treatments for TMJ. Group size is limited. Instructor: Physical therapist.

Major Medical Illness Group

This group provides information and support for patients who have major medical illnesses such as heart and lung disease, diabetes, MS, arthritis, stroke, Parkinson's, and cancer. We can help you cope more effectively and live more fully despite your serious illness. Come and be with others who have similar experience and can really understand. Loved ones are also welcome.

Irritable Bowel Syndrome

A class designed for people with irritable bowel syndrome without other complications of the gastrointestinal tract.

Headaches

Learn about the physiology of headaches, nonpharmacological headache treatments and coping mechanisms, and preventive, abortive, and over-the-counter pharmacological treatments.

For more information, including fees, or to register for any of these programs, please call **(408) 363-4930**.



For more information on additional classes, books, videos, and other materials offered at our Santa Teresa Medical Center, please contact our Health Education department at **(408) 972-3340**.

“Mind-Body methods have been shown to decrease pain and use of pain medication, improve daily activities, mood, and overall skill in managing chronic medical conditions”

*—Dr. Harley Goldberg, Director,
Complementary & Alternative Medicine*

members.kaiserpermanente.org

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Mind-Body programs for your health

For information or to register,
call **(408) 363-4930**.



We offer a variety of programs at our Santa Teresa Medical Center to help you learn more about your mind and body. Taking care of your mind and

body is one way to maintain a healthy and happy lifestyle.

For more information, including fees, or to register, call (408) 363-4930.

Behavioral Health

Pathways for Stress Reduction

In this single-session class, you'll learn what stress is and how it affects your body. Discover the mind-body connection and learn what you can do to take charge of your health. Find out about available classes and resources within Kaiser Permanente and your community. We suggest you take this class before you take our *Stress Management: A Mind-Body Approach* class or *Mindfulness Meditation* classes.

Stress Management: A Mind-Body Approach

This eight-week program is for people coping with physical or psychological symptoms of stress or illness. You'll learn how your mind and body work together. Learn relaxation techniques and other skills, such as gentle body movement, to improve physical and mental health.

Mindfulness Meditation

In this nine-week program, you'll learn techniques derived from mindfulness meditation and yoga practices to better manage stressful situations, cope with physical or psychological symptoms from stress and illness, and enjoy life more. Recommended: *Stress Management: A Mind-Body Approach* and a commitment to participate in the entire course, including an all-day Saturday retreat.

Flexibility and Movement

Beginning T'ai Chi

T'ai Chi is an ancient meditative practice of movement and mind-body alignment. Although many of these movements were originally derived from the Asian martial arts, this art form has developed into an exercise meant for relaxation and reduction of stress. The practice of T'ai Chi promotes the circulation of chi or life energy within the body, encouraging wellness and vitality. T'ai Chi benefits people of all ages. Wear comfortable clothing.

Intermediate T'ai Chi

This intermediate class completes the 24 classic T'ai Chi Chuan movements. It emphasizes breathing, Chi Gong, and better balance. Prerequisite: *Beginning T'ai Chi* or instructor's approval.

T'ai Chi Ease

T'ai Chi Ease is designed for special needs participants who have problems with joint instability, balance, and general muscle weakness. Participants will remain seated throughout the course. Traditional T'ai Chi exercise will be modified for seated individuals. T'ai Chi philosophy and meditation techniques will be explored. T'ai Chi is an ancient meditative practice of movement and mind-body alignment. This course benefits both genders and people of all ages. Wear comfortable clothing.

Chi Gong

Chi Gong is a Chinese system of physical training, philosophy, and preventive and therapeutic health care. Chi Gong can be described as "an exercise to make the energy in nature and the universe function and balance within our body." In this class, we will provide you with warm-up exercises, stationary Chi Gong practices (standing and sitting meditation forms), and dynamic Chi Gong practices. You'll learn the basic exercises and the correct methods of moving the body and develop physical strength, balance, and inner awareness.

The Feldenkrais Method

This class provides instruction in movement sequences that can reduce pain and improve balance, posture, and range of motion. You'll be guided through a series of gentle, safe exercises while lying on the floor, sitting, or standing. Wear comfortable, loose-fitting clothing. Please bring a blanket, towel, or mat. (Recommended for those with injuries or illnesses that limit mobility.)

Deep Therapeutic Yoga

Strengthen and tone your muscles as you gently stretch and relax in yogic postures. Working with breathing and visualization techniques encourages mental calmness and well-being. No prior yoga experience is necessary. Please wear comfortable clothing and bring a small blanket or mat.



Gentle Flow Yoga

Increase your stamina, build vitality, and restore body harmony as you stretch and tone muscles you never knew you had. Acquire a more peaceful attitude toward life. Please wear clothing that will allow free movement and bring a small blanket, towel, or mat. (Suitable for yoga novices as well as experienced practitioners.)