

HEALTHY

LIVING



HIP

Health Improvement Program

FALL QUARTER 2015
SEPTEMBER 21 – DEC. 11

REGISTRATION BEGINS SEPT. 9th
hip.stanford.edu

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This November, we invite you to enjoy the "Power of the Pause" over 9 days and 20 free events

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REGISTRATION INFORMATION

REGISTRATION:

Register online at the HIP website <http://hip.stanford.edu>

Payment Options:

- **Credit card** - secure credit card payments can be processed via Cybersource when registering online. Choose the Credit Card option under "Pay balance with:". If you register online and pay by credit card, you will receive a confirmation of enrollment by email. We cannot accept credit card information over the phone or in-person.
- **Check/cash** - register online and choose the Check/Cash button under "Pay balance with:". Please make check payable to Stanford University.
In person: bring check to HIP Office, Medical School Office Building (MSOB), 3rd floor
Mail to HIP at:
on-campus: ID mail code 5411
off-campus: HIP, Medical School Office Building (MSOB), 1265 Welch Rd, Stanford, CA 94305-5411
Please Note: If you pay by check, you are *not confirmed*, nor guaranteed a space in the class, until HIP receives payment.
- **STAP funds** - benefits eligible Stanford employees will be given the option online to pay for STAP approved classes by choosing the "Use STAP" button in the shopping cart. Please note that your registration will not be final until we receive confirmation from Human Resources of your STAP eligibility and balance.

STAP FUNDS for University Staff

All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have "STAP/EA Funds: Yes" next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more (faculty, students, temporary employees, family members, retirees, or other non-staff university affiliates are not eligible). It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees

Healthy Living classes that are approved for EA reimbursement will be indicated by "STAP/EA Funds: Yes" next to the class fee in the brochure. Register and pay for your class with a check or credit card and then process reimbursement with your HR Manager after class completion. HIP will send a certificate of class completion upon request.

CANCELLATION POLICY

- **24 hour advance cancellation notice is required for refund or credit, unless otherwise noted in class description.**
- **No credits or refunds will be issued for missed classes.**
- **HIP reserves the right to cancel a class when the minimum enrollment is not met (minimum variable by class).**

healthimprovement@stanford.edu • (650) 723-9649 • <http://hip.stanford.edu>

LEGEND: BeWell Berries 2015

Look for the *berry-type* icon next to each Healthy Living class.
A "Physical Activity" berry will be awarded for participation in Fitness classes.
visit: <http://bewell.stanford.edu/program-summary>

Physical Activity	
Stress	
Nutrition	
Health Enrichment	
Workspace Well-Being	
Emergency Preparedness	
Environmental Health	



Smoking Cessation: *Intentional Quitting*

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco. HIP has partnered with Stanford Benefits to offer this FREE tobacco cessation program for benefits-eligible University employees, their families and dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included. This program is also offered to the community for a fee.

The program begins with one 60-minute in-person consultation on the Stanford campus, followed by 11 phone visits over one year.

Instructor: Jayna Rogers, MPH, HIP smoking cessation specialist. Jayna Rogers has facilitated smoking cessation programs and provided individual consultation for over 15 years.

	FEE	CODE
12 Sessions: Stanford University & families	\$0	sciq-01
12 Sessions: Community	\$175 (EA FUNDS: YES)	sciq-01a



Weight Management: *Building the Foundation*

This 12-week program will help you gradually change life-long habits related to nutrition, physical activity, weight management, and stress management. Through improved lifestyle practices you will see gains in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work. The program consists of an online health risk assessment and small group sessions. (Note: on the HIP website, this offering is also listed in the **Nutrition/Weight Management** category.)

Facilitator: Debbie Balfanz, PhD, coordinator of the Stanford Behavior Change/Weight Management Program. Please contact Debbie at 725-3185 before registering.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 10/7-1/13	5:30-7:00 pm	401 Quarry Road, Rm 1211	\$200 (STAP/EA: YES)	wmbf-01

PLEASE NOTE: no class on 11/25, 12/23, 12/30



Stress Eating and Other Non-hunger Eating

If you find that you turn to the refrigerator, vending machine, or kitchen cupboard when feeling stressed, angry, anxious, or unhappy, this class is for you. You will learn tools for deciphering the causes of non-hunger-eating, and for adopting healthier ways to deal with stress, negative feelings, or boredom. We will also consider some ways to cope with holiday temptations. (note: on the HIP website, this offering is also listed in the **Stress Management** category.)

Instructor: Jane Rosten, MSW, LCSW, health educator/ psychotherapist.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thur, 11/19	5:30-7:00 pm	Medical School Office Building (MSOB), Rm x303	\$40 (STAP/EA: YES)	senhe-01



Wellness On Wheels at Stanford

Wellness on Wheels brings classes to your Stanford department. They are a great way to bring group fitness or healthy living classes to you, especially if you would like to have a class in your building, or if your department is located on a satellite campus.

For more information, go to: <http://hip.stanford.edu>
or email us at: wellnessonwheels@stanford.edu



Better Choices, Better Health *sponsored by Stanford Coordinated Care, FREE to Stanford employees*

This 6-week workshop, also known as the Chronic Disease Self-Management Program (CDSMP), is ideal for individuals with ongoing and persistent health conditions, and also for caregivers. The workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives. Developed and evaluated at Stanford over 15 years ago, the program is now offered across the US and internationally. Healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving will be explored. The environment of mutual support and shared success helps to facilitate lasting positive changes.

Instructor: Alexandria Blacker, MPH. Ms. Blacker works as the Community Programs Coordinator for the Stanford Coordinated Care Clinic. She is a certified Master Trainer for CDSMP and has a background in public health, wellness and health coaching.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 9/30-11/4	5:30-7:30 pm	Hoover Pavilion, 211 Quarry Rd, 4th Floor Conf. Rm	\$0	bcbh-01



STANFORD COORDINATED CARE

Care with the Patient at the Center

Stanford Coordinated Care is a team of medical professionals and care coordinators who help people with chronic illnesses lead a healthy life and smoothly navigate their health care experiences.

Visit <https://stanfordhealthcare.org/medical-clinics/coordinated-care.html>



NEW | WEBINAR The Ins and Outs of Advance Healthcare Planning

An important element of one's own wellness plan that often gets forgotten or pushed down the road (until sometimes too late) is advance care planning. Identifying and documenting your treatment care wishes with advanced directives will give you a strong voice in the decisions and management of your care.

Join Dr. Joshua Fronk for this noon-hour webinar as he simplifies and demystifies the ins and outs of advance healthcare planning. Learn about the various options available to discuss and share medical decisions with your physician and medical team. Dr. Fronk will invite an interactive discussion about what it means to have a good quality of life.

Instructor: Joshua Fronk, DO. Dr. Fronk is clinical instructor in the Dept. of Medicine, Division of General Medical Disciplines. He is a palliative medicine and supportive oncology physician and medical director for Stanford outpatient primary care palliative medicine.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 10/20	12:00-1:00 pm	Your computer	\$35 (STAP/EA: TBD)	advhp-30



Prevent Online Weight-Loss Program for Diabetes Prevention

Join this 16-week, online program to lose weight, develop healthy habits, and reduce your risk for chronic diseases, like type 2 diabetes. Prevent is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it's most convenient for you.

You'll learn new strategies related to nutrition, physical activity, and daily challenges that will help you create a sustainable healthy approach for the long term. Based on what you learn, you'll set and meet personal and group health goals. The average Prevent participant loses 11 pounds at 16 weeks. *Register anytime and begin the program within 2 weeks of your registration date.

*Special Two-Step Registration Process:

- Step 1 - Visit www.preventnow.com/su and click "Get Started" to verify your eligibility and sign up.
- Step 2 - Return to the HIP site to register for Prevent.

Instructor: A professionally trained Prevent health coach will facilitate your small online group and provide one-on-one guidance, encouragement, and accountability throughout the program.

DAY/DATES	TIME	LOCATION	FEE	CODE
Rolling start, 9/21-12/11	TBD	Your computer	\$475 (STAP/EA: YES)	prev-01



NEW | Is An Electric Vehicle Right For You?

Are you considering leasing or buying an electric vehicle (EV) and want real information versus a sales pitch? Come hear from a panel of local, long-time EV drivers and experts on their experiences. Get your questions answered on the difference between all-electric and plug in hybrid EVs; EV charging (home, work, the public space); range anxiety misconceptions; battery longevity; buying vs. leasing; and the environmental, economic, and personal benefits of EV adoption. As a bonus, there will be a number of EVs to explore in and out, including Nissan Leaf, Kia Soul EV, Chevy Volt, Fiat 500-e, and Ford Focus EV.



Instructors:

- Sven Thesen, PhD, founder of Project Green Home in Palo Alto (ProjectGreenHome.org). Sven is chemical engineer and one of 2,000 climate scientists who won the Nobel Peace Prize in 2007 along with former Vice President Al Gore, for his work on IPCC climate guidelines. He is often referred to as an ev-angelist for his spirited work in promoting electric vehicles.
- Jim Barbera Systems Engineer, ChargePoint (prominent local charging company). Jim is familiar with all aspects of installation of EV charging stations at home and in commercial settings. Experienced EV Driver (45,000 electric miles), have driven nearly all makes and models of EVs.
- Marc Geller, founder and member of the Board of Directors of Plug In America, and Vice-Chair of the Board of Directors of the Electric Auto Association. Mark has been driving an electric car since 2001.
- Jane Rosten, MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change program and proud driver of an electric vehicle.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thurs, 10/8	5:30-7:15 pm	1070 Arastradero Rd, Rm 202A	\$0	ecars-01



Active Transportation Counseling™

Learn to gradually expand your non-auto transportation without aiming for perfection. In person or by phone, talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction.

For Stanford employees, there will be support for accessing Commute Club opportunities, if desired. For questions, call Jane Rosten, LCSW, at 498-4744.

Instructor: Jane Rosten, MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change program.

	TIME	LOCATION	FEE	CODE
1-hour session	TBD	In person or by phone	\$75 (STAP/EA: YES)	atc-01



Safe and Confident Autumn/Winter Cycling

This class is for fair-weather bike commuters and recreational riders interested in tips for continuing to enjoy bicycling in colder weather, with shorter daylight hours, and/or when rain is predicted. Knowing how to dress for Bay Area winter weather and outfit your bike for drizzle and darkness can help you keep fit year-round.

We'll cover safety and basic commuting skills with photos and video, model clothing options for staying warm and dry, and demonstrate a variety of effective lights for your bike and helmet. There will be optional goal-setting for those who'd like to get started making a change within the next month.

Bring questions and learn from two knowledgeable instructors.

Instructors: John Ciccarelli, League Cycling Instructor and Jane Rosten, MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change program.



DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 10/27	5:30-7:30 pm	1070 Arastradero Road, Rm 202a/202b	\$35 (STAP/EA: NO)	bike-03



O'Donohue Family Stanford Educational Farm



Weeding Your Way to Wellness *co-sponsored with the School of Earth, Energy & Environmental Sciences*

Enjoy a warm cup of tea, freshly brewed from herbs harvested that morning from Stanford's brand new "farm". While enjoying your tea, your instructor will illuminate the benefits of the mind-body practices you will experience in each class, including the health promoting benefits of interacting with nature. You will learn interesting facts about weeds and how to identify them. After tea, gentle stretching will begin the mind-body practice portion of class. Stretching will flow right into the focused hands-on meditative practice of creating order and balance in the garden, and in one's thoughts, while working in the earth removing weeds in the beds of the Stanford farm.

Promote your well-being by unwinding your mind and moving your body while sharing in the awesome beauty of the new O'Donohue Family Stanford Educational Farm!

Instructors: O'Donohue Family Stanford Educational Farm staff and HIP staff.

BEFORE DAYLIGHT SAVINGS

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 9/29-10/27	7:00-7:50 am	O'Donohue Family Stanford Educational Farm <i>(ELECTIONEER ROAD AND CAMPUS DRIVE, NEAR THE WEST TENNIS COURTS)</i>	\$0	weeds-01

AFTER DAYLIGHT SAVINGS

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 11/3-12/1	12:00-12:50 pm	O'Donohue Family Stanford Educational Farm <i>(ELECTIONEER ROAD AND CAMPUS DRIVE, NEAR THE WEST TENNIS COURTS)</i>	\$0	weeds-02



NEW | Tending Your Fall Garden *co-sponsored with the School of Earth, Energy & Environmental Sciences*

Plant your winter garden this Fall! Gardening provides a wholesome activity that promotes the health of both mind and body. Experiencing the contemplative activities of gardening and interacting with nature may help one to relax, unwind, reflect and restore. And not least, gardening nourishes us with fresh vegetables and fruits. Join us in this 3-session class at the new O'Donohue Stanford Educational Farm at this very transitional time of the year where we can still enjoy and be inspired by autumn's bounty around us, while we prepare the soil and ourselves for another healthy season.

You will learn:

- *how to grow winter vegetables and about crop rotation throughout the seasons to maintain healthy garden beds.
- *simple yoga stretches and ergonomics for safe physical movement in (and out of) the garden.
- *to enhance the harmonious experience of connecting with nature by practicing mindfulness in the garden.

Instructors: Brittany Rymer and Maggie Barrett. Brittany and Maggie, work as farming apprentices at the UCSC Center for Agroecology and Sustainable Food Systems. Brittany, a recent M.S. graduate of Stanford's Earth Systems program, enjoys growing grains, fruit trees, and making tea out of garden herbs. Maggie, a recent B.S. graduate from Berkeley's department of Conservation & Resource Studies, likes to spend her time in the garden growing flowers and watching the incredible bugs.

DAY/DATES	TIME	LOCATION	FEE	CODE
Mon, 9/28-10/12	5:30-7:00 pm	Stanford Educational Farm, Electioneer Rd	\$110 (STAP/EA: YES)	garden-01



NEW | RENEW: *It's About Time - How to Spend it and How to Make it*

In a give-and-take setting, you can learn how to be effective and fulfilled both at work and at home. You can catch your breath, do some thinking about your work and life plans and consider some solutions. You will see how to juggle time and responsibilities, how to identify time savers and time wasters – all based on your values. This session is not about time management. The purpose is for you to be whole and healthy so the people who depend on you can be whole and healthy, too. All the time.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 10/22	12:00-1:15 pm	SLAC Sycamore Conf. Rm, Bldg 40, Rm 195	\$40 (STAP/EA: YES)	vital-01

NEW | WEBINAR RENEW: *Finding Focus; Staying Focused*

Here are three good questions: Are you climbing the right mountain? Do you have the equipment and companions you need? Where can you get the energy to move ahead? In this noontime session we will find practical and powerful ways to refresh, work toward finding or re-finding your sense of purpose, and build effectiveness and enthusiasm. In order to make sure you can have a vision and stay on track, we'll discuss values and how best to say "No" and "Yes" at the right times in your career and life.

We'll talk about the five characteristics of "fit" people, and will have a lively discussion about getting through a tough day. After this program, you will feel refreshed, re-charged, and better able to move ahead. Join in the inspiration.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 11/17	12:00-1:00 pm	Your Computer	\$35 (STAP/EA: YES)	vitalweb-30

NEW | RENEW: *Life Preservers for the Holidays*

Holidays can be fun or fraught, celebrations or calamities. This is a perfect time to think and talk about tilting towards the positive during these hyper-busy times even though your pedal is to the metal during "normal" seasons. You want to be especially effective, empathic, productive, while being fulfilled and even joyous.

In this informal yet profound gathering, we will

- Revisit values
- Outline what you might like to accomplish during December and beyond
- Discover the beauty of the Four S's: special, savor, simplify and saying "No" (at least every so often)

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 12/1	12:00-1:15 pm	Lucile Packard Childrens Hosp. Auditorium	\$40 (STAP/EA: YES)	vital-01a

Instructor: Linda Hawes Clever, MD, a Stanford graduate, former Associate Dean of Alumni Affairs, is Clinical Professor of Medicine at UCSF, and a member of the Institute of Medicine of the National Academy of Sciences. She founded the not-for-profit RENEW 18 years ago, and is author of *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life*.



Ageing: *Don't Take it Sitting Down*

Do you feel too young to get old? Maybe you've noticed that you're aging? What exactly is healthy aging?

The answers are different for different people at different stages of life. Based on the latest research by experts in the field of aging, this 2-session class will cover ways to live longer and better.

Session 1 will focus on helping you take charge of your body and mind. What kind of exercise do you need to emphasize in your fitness program? What kinds of food do you need to be eating? What can you do to remain mentally sharp?

Session 2 will focus on taking charge of your life. What myths do you have about aging? What do you need to relinquish and move on to? What does generativity versus stagnation mean to you? If youth, health, beauty, and power supposedly recede with age, why do studies tell us older people are the happiest age group of all? This paradox of aging and other topics will be explored.

Instructor: Joyce Hanna, MA, MS, Associate Director of HIP, exercise physiologist and nutritionist.

DAY/DATES	TIME	LOCATION	FEE	CODE
Wed, 10/21 & 10/28	12:00-1:00 pm	Clark, Rm s361	\$50 (STAP/EA: YES)	age-01

CLASS CANCELLED
RESCHEDULED FEBRUARY 2016



Spinefulness: *Foundations Intensive*

Are you plagued by chronic tension, stress, aches or pains? Are you fit, but injured? Whether you are a high performance athlete or someone who sits all day, having your bones work for you, instead of against you, will relieve your pain and allow your body to regain it's natural strength and efficiency.

In this 5-session week long intensive (M-Th & Sat), we will examine alignment in sitting, standing, bending, walking, sitting in your car, and sleeping. You will learn to sense the interplay between muscle tension and bone alignment in all of these activities. Simple, yet profound changes will help you find and keep your "spinefulness". This class is great for beginners or those who want to take their posture awareness to the next level.

Instructors: Jean Couch, Founder and co-director of the Balance Center, is the author of *The Runner's Yoga Book*. For over 25 years, Jean has been involved in empirical research studying populations of people without back or joint pain. Jenn Sherer, co-directs the Balance Center and is passionate about helping others take charge of their own relief through the awareness and guidelines of Spinefulness.

DAY/DATES	TIME	LOCATION	FEE	CODE
M-Th & Sat, 10/26-10/31	12:30-1:30 pm	Education Bldg. (Cubberly), Rm 334	\$225 (STAP/EA: YES)	spinefi-01

NOTE: Saturday class on 10/31 will be held 10:30am - 12:30pm at The Balance Center, 560 Oxford Ave. in Palo Alto (no class Friday 10/30)



Mindful Moms *co-sponsored with the Stanford WorkLife Office*

Hey moms! Did you know that a central factor in maternal health and wellness is social and emotional support? Did you know that research shows that having a sense of belonging helps moms experience a deep sense of wellbeing? And yet - so many of us moms are struggling to find ways to establish friendships and create meaningful, authentic relationships with other moms. You're not alone in this struggle. It's one of the challenges of being a mom in our fast-paced, high tech culture.

Come join us for this lunchtime holistic health and wellness group for moms where we will inspire, celebrate and support each other with the important work we do everyday as moms! We'll practice mindfulness meditation, mindfulness-based yoga, authentic sharing and community building activities. Moms of kids of all ages are welcome and encouraged to attend. It's lovely to have a circle of moms who are all in various stages of the incredible journey of motherhood! No prior experience in yoga or mindfulness is necessary. Please wear loose, comfortable clothing and bring a yoga mat if you have one. And feel free to bring a friend!

PLEASE NOTE: This class is FREE for all Stanford students, grad students, post-docs and their partners. Contact Jaclyn Long at jaclyn.k.long@gmail.com for special registration instructions.

Instructor: Krassi Harwell, certified yoga instructor working in the Bay area since 2001, Thai massage therapist, Hakomi counselor, and DONA-certified doula since 2005. Krassi is also the mother of two children.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 10/6-12/1	12:00-1:30 pm	Escondido Village Ctr., Common Rm	\$255 (STAP/EA: YES)	mbsm-02



Reiki Energy Healing: *Level 1*

Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body's own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

The history, benefits and principles that guide the practice of Reiki will be introduced. You will learn the basic hands-on healing positions and how to receive an energetic attunement. The human bio-energy field and techniques of energy perception, cultivation, grounding and clearing will be discussed and experienced. Students will practice self-healing through giving and receiving Reiki sessions to classmates. Leave class with the confidence to share Reiki with your family, friends, pets, and plants. Your level 1 certificate allows you to advance to Level 2 Reiki training when desired.

Instructor: Linda Alderman, BA, Reiki Master Practitioner and Teacher



DAY/DATES	TIME	LOCATION	FEE	CODE
Sat, 10/10	9:30 am-5:00 pm	Li Ka Shing Learning Ctr., Rm 306	\$200 (STAP/EA: YES)	rh-01



WEBINAR *Dozens of Dirty Dozens: Reducing Hidden Toxins in Your Everyday Life*

Is the "killer look" from your make-up actually killing you? The average adult American woman uses 12 personal care products every day, exposing herself to 126 different ingredients including many industrial chemicals. Is your bottled water making you fat? Chemicals in plastics have been shown to cause weight gain in adults and children.

In our everyday life we are exposed to a countless variety of environmental toxins. Our US chemicals regulatory system requires only minimal testing for adverse health effects of chemical ingredients in consumer goods. This leaves us with little information about the health effects of the products we use. Join us in this noon-hour webinar to learn about the toxins most harmful to our health, including those in personal care products, cleaners, plastics, toys, and even clothing and furniture, and simple ways we can reduce our exposure and choose safer options for you and your family.

Instructor: Barbara C. Erny MD. Dr. Erny is an ophthalmologist at the Palo Alto Medical Foundation for over 20 years. She is a member of the Santa Clara County Medical Association Environmental Health Committee, the Natural Resources Defense Council, and Physicians for Social Responsibility, and speaks on environmental health throughout the community.

DAY/DATE	TIME	LOCATION	FEE	CODE
Tue, 10/13	12:00-1:00 pm	Your Computer	\$35 (STAP/EA: YES)	green-30

Nutrition / Weight Management



Eating with Intent™: *How to Eat Mindfully and Control Your Weight*

Eating with Intent™ is an awareness practice that can help you lose weight by learning to recognize and respect the hunger and satisfaction cues that emanate from the body, not the mind.

In this 4-week class, you will receive information about how to choose food that is both pleasing and nourishing, how to feel satisfied after meals, and how mindful eating, once internalized, can shift your relationship with food forever. At our last class we will practice different mindful eating techniques while eating our lunch together. Learn again the joy of healthy eating, and regain the pleasure of enjoying every meal.

Instructor: Patty McLucas, CPT, Wellness Consultant, and trained instructor of the Mindfulness-Based Stress Reduction curriculum. She is co-founder and owner of Breathing Room in San Carlos.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 10/6-10/27	12:00-1:15 pm	3160 Porter Drive, Monterey Bay Conf Rm	\$125 (STAP/EA: YES)	ewi-01



Homemade Healthy Eating Made Delicious, Sustainable, and Fun

Do you want to eat healthier but lack the time or skills to prepare great meals at home? Do you find yourself making bad food choices when you're pressed for time or are overly hungry? Do you feel inspired at farmers markets but then feel more like Lucile Ball than Julia Child when you get in the kitchen? Research from Stanford University and Johns Hopkins Schools of Public Health confirm what we already know in our hearts: cooking and eating fresh meals at home is the key to sustainable weight loss and a healthy lifestyle. Home cooks use less fat, sugar and salt – so they naturally consume fewer calories without dieting.

HIP has partnered with Homemade™ Cooking to help you build better cooking and eating habits – one delicious meal at a time. Once a week, you'll learn how to cook healthy dishes (fast!) using fresh, seasonal ingredients. Come learn:



- New recipes made with the season's bounty
- Core cooking techniques to create flavorful meals at home
- Clever ideas and tricks to make cooking fast and easy
- How to cook without a recipe using available fresh ingredients
- Strategies for better eating choices when shopping, snacking or dining out
- The power of whole foods to prevent and reverse chronic diseases ...and much, much more!

Bring your appetite because we enjoy a shared meal at the end of each session. Discover the joy of cooking and connecting with real food. Join us this fall for an experience of the senses!

Instructors: Our instructors are chefs, nutritionists, and/or healthy lifestyle coaches who all share a passion for healthy living and delicious food! Instructors may vary according to class - please see our website homemade-cooking.com to see profiles of individual instructors.

REGISTRATION STEP 1: Visit <http://www.homemade-cooking.com/register-stanford/> and select your program preferences using the online form. Use coupon code STANFORD30 to waive the pre-registration fee.

STEP 2: Return to the HIP site to register for Homemade.

Now offered at multiple locations in Menlo Park and Palo Alto! Choose how many sessions you want - 5 or 10 - sign up through HIP and you will be contacted by Homemade to work out which day and location works best for you.

Please note: Classes may be rescheduled for public holidays or venue unavailability

Refund Policy: HIP registrants may cancel Homemade™ membership up until 10 business days before class begins.

CLASS	TIME	LOCATION	FEE	CODE
10 Week Session: (Dates: 9/21-11/26)	6:00-8:00pm	TBD	\$500 (STAP/EA: YES)	home-01
5 Week Session 1: (Dates: 9/21-10/22)	6:00-8:00pm	TBD	\$300 (STAP/EA: YES)	home-01a
5 Week Session 2: (Dates: 10/26-11/26)	6:00-8:00pm	TBD	\$300 (STAP/EA: YES)	home-01b



NEW | A Fat Journey, from Plate to Cells

How do fats journey from their original source to our plates? How are they different, naturally and by processing? Where do these fats end up in our bodies? What about cholesterol? Fat controversies: coconut oil, butter, whole milk, bacon?

Join Stanford Nutrition Studies educators Dalia Perlman and Susan Kirkpatrick in this 75-minute workshop as they share insights into these questions. Be ready to take home ideas for the best taste and health!

Instructors: Dalia Perlman, RD, CDE, and Susan Kirkpatrick, RD, CDE. Susan and Dalia have provided nutrition counseling and diabetes/pre-diabetes education at Palo Alto Medical Foundation for many years, and both are Health Educators for Christopher Gardner's "One Diet Does Not Fit All" weight loss study.



DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 10/29	5:30-6:45 pm	Medical School Office Building (MSOB), Rm x303	\$40 (stap/ea: yes)	fats-01



lantern *Online Program for Reducing Anxiety*

Lantern is an online program designed by Stanford researchers and draws from over 10 years of research on technological applications for improving emotional wellbeing. Lantern's evidence-based program helps individuals strengthen overall resilience and develop effective coping strategies through quick daily exercises with professional coaching.

Lantern creates a personalized program based on cognitive behavioral principles to help each individual work on areas that matter most to them - such as anxiety, stress, body image, and disordered eating behaviors. Lantern matches individuals with an experienced coach who supports them via phone and text message. Participants engage in 40 10-minute sessions over the course of 8-10 weeks, followed by a maintenance program that consists of 1-2 sessions per week for the remainder of the year. The program makes use of tools, practice, and information and lets participants track their progress toward individually selected goals.

Register anytime and begin the program immediately upon receipt of your registration confirmation.

Special Two-Step Registration Process:

Step 1 - Register for Lantern class at hip.stanford.edu

Step 2 - Receive email from Lantern with instructions for how to access your program

Instructor: An experienced, professional Lantern coach will provide you with one-on-one phone and text-message guidance, encouragement, and support throughout your program. Your coach will tailor your program and experience to your needs and goals. Lantern coaches are experienced professionals trained in coaching, cognitive behavioral therapy, and motivational interviewing.

DAY/DATES	TIME	FEE	CODE
Rolling start, 9/21-12/11	Self-paced approx. 8-10 weeks, with maintenance up to a year	\$325 (STAP/EA: YES)	lant-30



Mindfulness-Based Stress Reduction (MBSR) *co-sponsored by Stanford Center for Integrative Medicine*

It has been known for centuries in the meditative traditions, and now widely accepted in western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one's life. This 8-week class is modeled on the program taught at the U MASS Stress Reduction Clinic, and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life, and how life can be lived more fully. Included in the class fee is the text *Full Catastrophe Living*, by Jon Kabat-Zinn.

Instructor: Mark Abramson, DDS, the founder and facilitator of Mindfulness-Based Stress Reduction (MBSR) programs at Stanford. He has practiced dentistry in the Bay Area for more than thirty years, specializing in the treatment of chronic pain and temporomandibular disorders.

DAY/DATES	TIME	LOCATION	FEE	CODE
Tue, 9/29-11/17	7:00-9:30 pm	Li Ka Shing Learning Ctr., Rm 120	\$320 (STAP/EA: YES)	mism-01

Note: All day retreat held on Saturday, 11/7, from 9am-5pm, in Alway M112



Equine-imity - Stress Reduction In the Company of Horses

Do you wonder what it means to be “healthy as a horse”? This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply other stress relief techniques. Horses help us develop these skills through their magnificent strength, grace and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body.

Using techniques from yoga, tai chi, qigong, and nature-based therapy you will learn to ground, center, and relax by touching and breathing with horses. The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or “of the body” learning, in combination with daily practices offered in class will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 class sessions plus 1 individual private session. No horse experience needed.



DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 10/1-10/22	4:00-5:30 pm	Webb Ranch, 2720 Alpine Road, Portola Valley	\$300 (STAP/EA: YES)	srph-01

Equine-imity - Somatic Horsemanship 1 Hour Individual Sessions for Stress Reduction

Whether you have taken the 4-week Equine-imity course and want to add additional sessions, or just wish to experience this program privately, you can elect one or more individual sessions to learn stress reduction and emotional self-regulation.

These 1-hour individual sessions are conducted among a natural herd of gentle, sociable horses at a beautiful ranch 10 minutes from campus. Using techniques from mindfulness meditation, yoga, tai chi, qigong, and nature-based therapy you will learn to ground, center, and relax by touching and breathing with horses. All activities are conducted on the ground with the herd or a single tethered horse. There is an option for a mounted meditation ride after completing 1 ground session (a ranch sur charge applies, not covered by STAP). No horse experience needed. Handbook included.

Appointments may be scheduled weekdays until 2:00pm. You will be contacted within 5 days of registration to schedule an appointment.

DAY/DATES	TIME	LOCATION	FEE	CODE
M-F Appointments	10:00 am-2:00 pm	Webb Ranch, 2720 Alpine Road, Portola Valley	\$120 (STAP/EA: YES)	srphi-04

Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. In the group class only, Dr. Kane will be assisted by Françoise Vincent, PATH Certified Therapeutic Horsemanship Instructor, with extensive experience in teaching child and adult special needs, and able-bodied populations.



Inner Balance: Optimizing Resilience and Reducing Stress



Do feelings of overwhelm and stress interfere with your enjoyment of life? Have you noticed your health, sleep, and energy affected by life or work stress? This research and evidence-based course gives you practical tools and technology to generate a simultaneous state of relaxation, readiness, and revitalization called coherence. Each participant receives a fun and innovative self-monitoring technology for iPhone, iPad or iPod Touch called Inner Balance. In addition, you will learn simple, effective tools to recognize and shift stress in the moment, while increasing your resilience, youthful energy, and well-being. Reported outcomes include improved sleep, productivity, mood, energy, mental clarity, relationships and overall health.

To take this class you must have — and bring to class — either an iPhone 4, iPad, iPad 2 (or more recent version of these) or iPod touch (4th Generation or more recent). You will be asked to provide information on the type of device you use so that HeartMath can provide you with the correct adaptor.

Instructor: Bruce Cryer, HeartMath Senior Advisor and former CEO. Bruce has taught programs at Stanford since 1997, including 6 years for HIP and 12 years for the Stanford Executive Program of GSB. He is the author of *From Chaos to Coherence* and articles including *Pull the Plug on Stress* published in the Harvard Business Review.

DAY/DATES	TIME	LOCATION	FEE	CODE
Thu, 11/19	1:30-5:00 pm	Li Ka Shing Learning Ctr., Rm 203/204	\$250* (STAP/EA: YES)	heart-01

*FEE INCLUDES INNER BALANCE SYSTEM



Forgive for Good *co-sponsored with the Stanford Center for Integrative Medicine* **MOVED TO WINTER QTR**

The importance of practicing forgiveness has been extolled for centuries, but only recently has research demonstrated that forgiveness can reduce anger and depression as well as enhance hopefulness and self-efficacy.

This workshop series has 4 sessions of lecture and discussion interspersed with guided practice of forgiveness tools. The format is not intended as group therapy; but rather to teach self-care skills to heal old wounds and prevent new ones.

Workshop participants who complete the series will be able to:

- Describe the core components that create an interpersonal grievance
- Articulate a practical definition of forgiveness for improved understanding of self and others
- Explain new strategies for managing anger and hurt
- Understand the physiological response to positive and negative affective states
- Describe the advantages to forgiveness as a general problem-solving strategy
- Discuss ways forgiveness can be used to enhance interpersonal relationships
- Use the HEAL model of working through interpersonal grievances
- Practice the positive emotion refocusing technique
- Learn how to practice forgiveness to prevent conflicts

Instructor: Dr. Frederic Luskin, PhD, Director of the Stanford Forgiveness Project. Dr. Luskin is the author of *Forgive for Good*. His PhD is in Counseling Psychology from Stanford University and he is a Senior Fellow at the Stanford Center on Conflict and Negotiation.

DAY/DATES	TIME	LOCATION	FEE	CODE
MOVED TO WINTER QTR	6:30-8:30 pm	Hoover Pavilion, 211 Quarry Rd, Rm 201	\$250 (STAP/EA: YES)	for-01



NEW | Mindful Nourishment *co-sponsored with the Stanford Center for Integrative Medicine*

What are you really hungry for? Play, food, touch, rest, peace, connection...the list can go on. Mindful Nourishment teaches the foundations of mindfulness to train the mind, nourish the body, and open the heart. This 9-week program draws on evidence-based practices to help you develop a healthy relationship to yourself, your body, and food. Some of the class topics include: food as medicine, surfing the ups and downs, the emotional brain, mindful relationships, looking for the good, daring greatly, and compassionate change. Participants will leave with transformative tools to live a fully nourished life.

Instructor: Carley Hauck, MA is the founder of Intuitive Wellness (www.intuitivelywell.com). Carly is an instructor, integrative life coach and consultant in research and with worksite organizations including LinkedIn and Bank of the West. She holds a Masters degree in Health Psychology and teaches on a variety of health and wellness topics at Stanford University.

DAY/DATES	TIME	LOCATION	FEE	CODE
Mon, 9/28-11/30	6:00-8:30 pm	Hoover Pavilion, 211 Quarry, Health Library	\$400 (STAP/EA: YES)	mindnur-01

Note: All day retreat held on Saturday, 10/24, from 10am-4pm, in the Health library



Wellness.HealthySteps4U.org





Sitting Comfortably at Your Computer Station - Individual Sessions

Even with a good ergonomic set-up, many people continue to suffer from pain and discomfort at work. In individual sessions at your work station, you will learn how to apply proper body mechanics to alleviate pain and improve skeletal support and awareness. Sitting with a dynamic and healthy posture while performing commonly used workstation actions can reduce tension and help you prevent or heal from repetitive stress.

SPECIAL NOTE: Please allow 2 weeks for the instructor to contact you for scheduling (jean_elvin@yahoo.com).

Instructor: Jean Elvin MFA, Guild Certified Feldenkrais Practitioner. She has specialized training for repetitive stress injuries, back, neck, shoulder pain, and thoracic outlet syndrome.

	<u>TIME</u>	<u>LOCATION</u>	<u>FEE</u>	<u>CODE</u>
1-hour session	TBD	Your computer station	\$90 (STAP/EA: YES)	sccs-02
Three 1-hour sessions	TBD	Your computer station	\$270 (STAP/EA: YES)	sccs-03



CPR & AED - 2 location options

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included.

Certificate of completion cards will be sent out 2 weeks after the class.

Main Campus:

Date: Friday, 10/23 Time: 1:00-5:00 pm

Location: Li Ka Shing Learning Ctr., Rm 102

Fee: \$100 (STAP/EA: YES) Code: cpr-02

Porter Drive:

Date: Thursday, 10/15 Time: 1:30-5:30 pm

Location: 3160 Porter Drive, Pacific Ocean Rm

Fee: \$100 (STAP/EA: YES) Code: cpr-01



First Aid

This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how these medical techniques can be performed with minimal equipment.

Certificate of completion cards will be sent out 2 weeks after the class.

Date: Thursday, 10/29 Time: 1:00-5:00 pm

Location: Li Ka Shing Learning Ctr., Rm 203/204

Fee: \$100 (STAP/EA: YES) Code: first-01





CONTEMPLATION BY DESIGN (CBD) IS A CAMPUS-WIDE COLLABORATION INVITING THE STANFORD COMMUNITY TO ENJOY THE POWER OF THE PAUSE FOR THE PURPOSE OF RE-ESTABLISHING BALANCE, TRANQUILITY, COMPASSION, AND ENERGY TO SUPPORT OUR CREATIVE EXCELLENCE.

PLEASE JOIN US **NOVEMBER 4 - 12** FOR **FREE CBD** EVENTS OFFERING RESEARCH ON THE NEUROSCIENCE OF CONTEMPLATION, SKILL-BUILDING OPPORTUNITIES AND REFRESHING EXPERIENCES FROM STANFORD'S NATURAL BEAUTY AND CAMPUS ARTS.

REGISTER AT [HTTP://STANFORD.IO/CONTEMPLATIONREGISTRATION](http://stanford.io/contemplationregistration)

WEDNESDAY CBD EVENTS (NOV. 4TH)



CBD: Introduction to Contemplation: The Power of the Pause for Calm, Compassionate Competence

(CBD15W-1)

Sponsored by: Health Improvement Program (HIP), BeWell

Welcome to the 2015 Contemplation by Design (CBD) week. In this introductory session, we will begin to experience renewal, peace of mind and well-being by pausing to quiet the thinking mind, engage the senses, relax and replenish. We will explore the fundamental role of the contemplative pause in creating a life of sustained excellence, joy, compassion, wisdom and health — a life lived fully. Learn practical skills as well as the scientific evidence that supports the value of enjoying a daily contemplative pause.



Instructor: Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, has been integrating mindfulness, compassion and meditation into stress management programs at the University and Medical Center since 1984. Her creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

Date: Wednesday, 11/4 Time: 12:30-1:30pm

Location: Cubberly Auditorium



CBD: Book Discussion of Jack Kornfield's *A Path With Heart*

Sponsored by: HIP, Medicine & the Muse, Medical School, Law School, Office for Religious Life (ORL), Religious Studies

On 11/4, join the campus-wide, faculty-led book discussions of Jack Kornfield's "A Path With Heart". Participate in a book discussion to enrich your experience and enjoyment of Jack Kornfield's keynote, "Inner Strength and Kindness: Practices for a Wise Life" in Memorial Church the following week on 11/10 (see page 8). Stanford faculty and senior teachers in Law, Medicine and Religion, will encourage meaningful discourse of the book's messages as well as explore ways to apply the messages in one's personal and professional life as a student, faculty or staff.

For each of the 3 discussion sessions, the first 14 people to register will receive the gift of a "gently read" copy of "A Path with Heart".

Date: Wednesday, 11/4 Time/Class options/codes: (Please register for ONE of the following.)



Medical Center, Alway Rm M114 Time: 5:30-6:45pm (CBD15W-2a)

Dr. Mickey Trockel, Clinical Assistant Professor, Psychiatry & Behavioral Science
Dr. Audrey Shafer, Professor Stanford School of Medicine



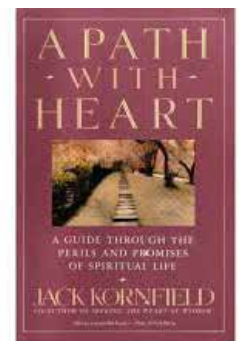
Stanford Law School, Rm 290 Time: 5:30-6:45pm (CBD15W-2b)

Ron Tyler, Professor & Director of the Criminal Defense Clinic, School of Law
Thomas Fenner, Deputy General Counsel



Main Quad, Bldg. 320, Rm 105 Time: 7:00-8:15pm (CBD15W-2c) (note 7pm start time)

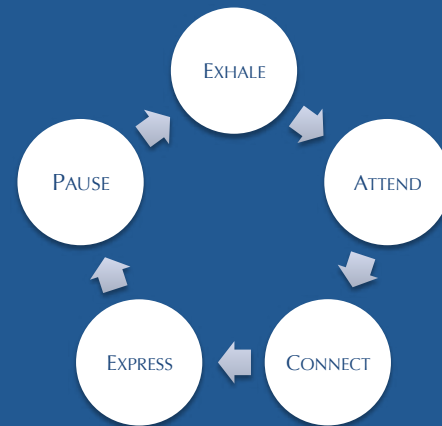
Paul Harrison, Professor of Religious Studies & Co-Director of the Ho Center for Buddhist Studies
Rabbi Patricia Karlin-Neumann, Senior Associate Dean for Religious Life



2015 CBD COLLABORATORS INCLUDE BeWELL, BING CONCERT HALL, HEALTH & HUMAN PERFORMANCE, HEALTH IMPROVEMENT PROGRAM (HIP), HELP CENTER, HO CENTER FOR BUDDHIST STUDIES, iTHRIVE, JASPER RIDGE PRESERVE, LAW SCHOOL, LPCH, MEDICAL SCHOOL, MEDICINE & THE MUSE, OFFICE FOR RELIGIOUS LIFE (ORL), OFFICE FOR UNDERGRADUATE EDUCATION, OFFICE OF STUDENT AFFAIRS, RESIDENTIAL & DINING ENTERPRISES (R&DE), RELIGIOUS STUDIES, STANFORD ARTS, STANFORD STORYTELLING PROJECT, AND THE WORKLIFE OFFICE.

EACH EVENT IS DESIGNED TO BRING THE STANFORD COMMUNITY TOGETHER IN EXPERIENCING THE IMPORTANCE OF QUIETING THE THINKING MIND AND REFRESHING ONESELF THROUGH QUIET CONTEMPLATION.

BeWELL BERRY IS AWARDED TO FACULTY/STAFF FOR REGISTERED PARTICIPATION.



THURSDAY CBD EVENTS (NOV. 5TH)



CBD: Compassion in Management & Leadership (CBD15TH-1)

Sponsored by: HELP Center, HIP

All great leaders create suffering. The very best anticipate that fact and respond with compassion. Today, broad-based survey research reveals that our relationship with a direct manager is probably the primary influence on the quality of our workplace experience, yet many managers still overlook the centrality of compassion to their role. Join Monica Worline, compassion at work researcher, in a lively discussion of the new science of compassion and its implications for managerial practice, leadership excellence, and the new world of sustainable competitive advantage that is created through engagement, commitment, and innovation capability fueled by compassion.



Instructor: Monica Worline, PhD, is an organizational psychologist dedicated to research and teaching that brings forward courageous thinking, compassionate leadership, and creating environments that bring people alive in their work. Monica is currently a research scientist at the Center for Compassion and Altruism Research and Education in the Stanford School of Medicine.

Date: Thursday, 11/5 **Time:** 12:00-1:00pm

Location: Main Quad, Bldg. 320, Rm 105



CBD: Walking Meditation & Contemplation of Memorial Church Inscriptions (CBD15TH-2)

Sponsored by: ORL, HIP

Join us in the awe-inspiring tranquility of Memorial Church for a walking meditation. The event will be centered on the inscriptions carved in the sandstone interior walls of this beautiful sacred space. Assembled by Jane Stanford, these inscriptions represent a collection of instructive and inspirational quotes to nourish the soul and spirit.



Facilitator: The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices such as Compline, an evening candlelit service of chanted song and the Labyrinth, an ancient guide for walking meditation and centering, to the Stanford and local community.



Date: Thursday, 11/5 **Time:** 5:30-6:45pm

Location: Memorial Church

CBD: Quiet Reflection Breaks For Stanford Students (CBD15TH-3)

Sponsored by: Office of Student Affairs (OSA), iThrive, ORL

(For students only) Students are invited to gather in the common room of their residence to enjoy a guided contemplation break facilitated by their Resident Assistants, iThrive peer health educators or Rathbun Fellows for Religious Encounter.

Date: Thursday, 11/5 **Time:** 9:00-10:00pm

Location: Residence Halls



CBD: Carillon Concert & Quiet Contemplation (CBD15F-1)

Sponsored by: BeWell, HIP

The Hoover carillon bells will ring to signal the university's commitment to emotional well-being. All members of the Stanford community are encouraged to pause, reflect and take time to unwind. You are invited to gather in Dohrmann Grove and/or the Oval Ear to share the concert and contemplative pause together as a community. You may also enjoy the experience by pausing wherever you are on or off campus.

Beginning at 11:40am, in Dohrmann Grove and the Oval Ear, there will be space to enjoy tai chi, gentle stretching, labyrinth walking, or simple relaxation. At noon, we invite you to sit back and enjoy the 20 minute carillon concert, which will then be followed by a 20 minute period of quiet contemplation. For people who are not on the main campus, the Carillon concert will be broadcast live on KZSU radio at 90.1FM and also streamed online at kzsu.stanford.edu. Tune in from 12:00-12:40pm for the full program.

REGISTRATION IS WELCOME AND APPRECIATED, YET NOT REQUIRED FOR PARTICIPATION.

Date: Friday, 11-6-2015 Time: 11:40-12:40pm

Location: Oval Ear and Dohrman Grove

**HOOVER TOWER
CARILLON CONCERT**

**QUIET
CONTEMPLATION
AND
MUSIC**

November 6, 2015 ★ 11:30AM - 12:45PM

11:30
RELAX, TAI CHI OR
GENTLE STRETCHING
12:00
CARILLON CONCERT
12:20
QUIET CONTEMPLATION
12:40
CLOSURE

GATHERING IN DOHRMANN GROVE & THE OVAL EAR
Bring a Mat or Beach Towel to Sit or Recline
Optional Gentle Stretching or TaiChi

Unwind and Thrive
 **BeWell.Stanford.edu**

SATURDAY CBD EVENTS (NOV. 7TH)



CBD: Hourly Nature Hikes - Docent Tours of Jasper Ridge Biological Preserve

Sponsored by: Health & Human Performance, Outdoor Education, HIP

Enjoy the gift of time in nature as catalyst for the CBD experience of PEACE: pausing, exhaling, attending, connecting and expressing. Delight in connecting with nature and enhancing your connection with yourself and with others. Observe first-hand what Stanford researchers Gregory Bratman and Gretchen Daily reported last June in the Proceedings of the National Academy of Science, namely that walking in nature can enhance emotional health.

Under the leadership of a Jasper Ridge docent you will learn about the natural history of the Santa Cruz Mountains, the Stanford research conducted on the majestic trails and animal life in Jasper Ridge, and have opportunities to pause, contemplate, and savor your experience in a variety of ecosystems.

NOTE: To minimize impact on Jasper Ridge, vans driven by the Outdoor Education program will carpool groups from campus to Jasper Ridge. CBD participants will meet at the parking lot at the intersection of Campus Drive West and Searesville Road to meet the vans.

Date: Saturday, 11/7

Time: 6 Options from 10:00am-3:00pm (Please register for ONE of the following.)

Group 1 ~ meet on campus at 9:20am..... (CBD15S-1a)

Group 2 ~ meet on campus at 10:20am..... (CBD15S-1b)

Group 3 ~ meet on campus at 11:20am..... (CBD15S-1c)

Group 4 ~ meet on campus at 12:20pm..... (CBD15S-1d)

Group 5 ~ meet on campus at 1:20pm..... (CBD15S-1e)

Group 6 ~ meet on campus at 2:20pm..... (CBD15S-1f)

Location: Parking lot near Campus Drive West & Searesville Road near the Central Energy Facility (meeting place for carpool to Jasper Ridge)

Please read: A tour is typically 2 hours. These hikes will be similar in the level of exertion called for when walking the DISH. Food is not allowed on the trails. Please bring water to carry with you. Please note children under 14 are not allowed in Jasper Ridge. No pets are allowed. Jasper Ridge is about a 20-minute car ride from the main Stanford University campus. Expect to return to your car on campus approximately 3 hours after your start meeting time.

Jasper Ridge information is available at <http://jrpb.stanford.edu/tours.php>



SUNDAY CBD EVENTS (NOV. 8TH)



CBD: University Public Worship (UPW), Memorial Church (CBD15Sun-1)

Sponsored by: ORL, HIP

Sermon on 11/8: *Contemplation, Meditation and Spiritual Freedom*

Memorial Church has historically been an important center of spiritual and ceremonial life at Stanford University since the church was dedicated in 1903. It is open to anyone, wherever you may be on your spiritual journey. Please join us at University Public Worship, Sunday morning at 10:00 am in this spectacular and sacred venue.

Guest preacher Gil Fronsdal is the guiding teacher of the Insight Meditation Center in Redwood City, and is on the Spirit Rock Meditation Center's Teachers Council. He was a Buddhist monk for ten years practicing in monasteries in the U.S., Japan, Thailand, and Burma. He did his doctoral work in Religious Studies at Stanford with a focus on Indian Buddhism.



Gil is the author of a number of books including a translation of the Buddhist classic, *The Dhammapada*. He lives in Redwood City with his wife and two sons.

Date: Sunday, 11/8 Time: 10:00-12:00pm

Location: Memorial Church



CBD: Labyrinth Walk in Memorial Church

Sponsored by: ORL, HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration.

Experience the serenity of walking the labyrinth in the candle-lit, sacred ambiance of Memorial Church. Enjoy peaceful and meditative music as you walk solo or with others on the labyrinth. It may be just the path you need to follow after a week of work, classes or the rhythm of daily life. Trained labyrinth facilitators (from ORL and HIP) will be available to assist and enhance your labyrinth experience.



Date: Sunday, 11/8

Time: 3 Options (Please register for ONE of the following.)

1. 12:00-12:20pm... (CBD15Sun-2a)

2. 12:20-12:40pm... (CBD15Sun-2b)

3. 12:40-1:00pm.....(CBD15Sun-2c)

Location: Memorial Church



CBD: Contemplation & Compline, Memorial Church (CBD15Sun-3)

Sponsored by: ORL

Compline (pronounced "komp-lin") - Join us for a quiet, reflective, contemplative 30-minute service of hymns, anthems and chants. Enjoy the music of the Stanford Early Music Singers in the tranquil candlelit ambiance of Memorial Church. Reverend Joanne Sanders will provide an introduction to the compline tradition to open this service.



Facilitator: The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices, such as Compline and the Labyrinth, to the Stanford and local community.

Date: Sunday, 11/8 Time: 9:00-10:00pm

Location: Memorial Church

MONDAY CBD EVENTS (NOV. 9TH)



CBD: Guided Meditation in Windhover

Sponsored by: ORL

10am: Contemplating the body and the breath - a guided meditation with instruction. Meditation can quiet the mind and open the heart through simple awareness, letting the sensations of body and breath reveal our own intuitive wisdom. Instruction will be given, with time for questions at the end.

4pm: Contemplating emotions, opening to compassion and forgiveness - a guided meditation with instruction. Meeting our own emotions with mindfulness, care and compassion frees our heart. To see emotions calmly and clearly can change how we experience ourselves and others. Instruction will be given, with time for questions at the end.



Instructor: Max Erdstein teaches meditation at the Insight Meditation Center in Redwood City. He has practiced Vipassana and Zen Buddhism in Asia and America for 15 years. He graduated from Stanford with an A.B. in History in 1999.

Date: Monday, 11/9

Time: 2 options (Please register for ONE of the following.)

1. 10:00-11:00am.... (CBD15M-1a)

2. 4:00-5:00pm..... (CBD15M-1b)

Location: Windhover



CBD: V. Provost Harry J. Elam, Dean Jane Shaw & Professor Alia Crum Discuss the Role of Contemplative Practices in Teaching & Learning (CBD15M-2)

Sponsored by: Office for Undergraduate Education, HELP Center, Health & Human Performance, HIP

Contemplative practices are being incorporated into education at all levels, kindergarten through college. Over the last 15 years, the term "contemplative pedagogy" has emerged to refer to educational methods that support development of student attention, concentration, emotional balance, empathetic connection, creativity, compassion and altruistic behavior. Panelists will discuss their experiences with contemplation, as teachers, researchers and practitioners of contemplative practices. In conversation with the audience, panelists will explore the potential of contemplative practices to:

- facilitate transformative learning and augment transmissional and transactional learning,
- empower students to integrate theory with direct experience,
- promote physical and emotional health,
- foster emotional intelligence,
- sustain compassion, courage, and commitment to well-being for self and others,
- support full engagement with complex moral, spiritual, and social challenges, and
- cultivate wisdom in addition to cognitive, intellectual knowledge.

Note: Feel free to send questions to the panelists before the discussion, by Thursday 10/29, to <http://stanford.io/panelquestions>



Panelists: V. Provost for Undergraduate Education Harry Elam, Dean for Religious Life Rev. Professor Jane Shaw, Assistant Professor of Psychology Alia Crum, Associate Director Health & Human Performance, Chris Pelchat. Moderated by: Tia Rich, Ph.D., Director of Contemplation by Design.

Date: Monday, 11/9 Time: 12:30-1:30pm

Location: Braun Music Center, Campbell Recital Hall



CBD: Labyrinth Walk

Sponsored by: ORL, HIP

Walk your way to a healthier outlook on life. Enter the labyrinth and discover that intentionally walking in a circular pattern can enhance direction in your life – the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Come join us at the Windhover contemplative center to walk the labyrinth based on the one at the Cathedral of Notre Dame in Chartres, France.

Date: Monday, 11/9

Time: 3 Options (Please register for ONE of the following.)

1. 9:00-9:20pm.... (CBD15M-3a)

2. 9:20-9:40pm.... (CBD15M-3b)

3. 9:40-10:00pm... (CBD15M-3c)

Location: Windhover



Register online at <http://hip.stanford.edu>



CBD: Om Under the Dome (yoga) in Memorial Church (CBD15T-1)

Sponsored by: ORL, HIP

Rejuvenate the body, mind and spirit as we perform sacred gestures in the special space of Memorial Church. The space and light this architecture offers to visitors is awe inspiring and memorable. Please BRING YOUR YOGA MAT.

This event will be led by yoga instructor Rebecca Snowball.

Date: Tuesday, 11/10 Time: 12:00-1:00pm

Location: Memorial Church



The Office For Religious Life (ORL), HIP, BeWell, the Department of Religious Studies & the Ho Center for Buddhist Studies invite you to join them for a special evening.

Inner Strength & Kindness: Practices for a Wise Life

with Jack Kornfield

Wise education includes the heart as well as the mind. Modern neuroscience confirms the power of training in mindfulness and compassion: to foster emotional balance, increase focus, promote self-care and well-being, reduce stress and transform your life. Please join us for an evening of stories, trainings and practices that can serve you in every circumstance.



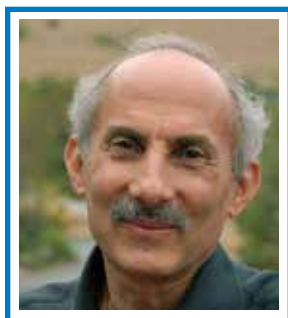
***SPECIAL REGISTRATION REQUIRED**

<https://jackkornfield-cbd.eventbrite.com>

Jack Kornfield PhD is one of the foremost teachers of mindfulness in the West. Trained as a Buddhist monk, he is also a psychologist, founder of Spirit Rock Center, and author whose books have sold over a million copies.

Date: Tuesday, 11/10 Time: 7:00-9:00pm

Location: Memorial Church





CBD: Guided Meditation (multiple locations, see codes below)

Sponsored by: HIP, BeWell

As a follow-up to CBD's special evening in Memorial Church with Jack Kornfield, we invite you to join us for a morning of PEACE. Please join us to Pause (unwind), Exhale (breathe), Attend (awaken to your senses), Connect (to the present moment) and Express (by joining us for this group meditation practice) at one of eight Stanford locations. At each location, an experienced mindful meditation instructor will gently guide you in a breath-based sitting meditation practice that will offer the gifts of sharing silent meditation in community. Feel free to come and sit for some or all of the time. All levels of meditation experience are welcome.

Date: Wednesday, 11/11 Time: 7:45-8:30am

Location: 8 Options (Please register for ONE of the following.)

1. Arrillaga Family Dining, Wellness Rm, Carole Pertofsky.....(CBD15W2-1a)
2. 4100 Bohanon, Rm 120, David Perls..... (CBD15W2-1b)
3. Landau Econ. Bldg., Lucas Conf. Cntr, Rm 134A, Sarah Meyer..... (CBD15W2-1c)
4. Medical School, Alway, Rm M112, Mark Abramson..... (CBD15W2-1d)
5. 3172 Porter Dr, Rm 1512, Tia Rich..... (CBD15W2-1e)
6. Ricker Dining Hall, Green Rm, Donovan Yisrael..... (CBD15W2-1f)
7. SHS Redwood City; OPC, Rm B-2 Conf. Cntr., Patty McLucas..... (CBD15W2-1g)
8. SLAC, Arrillaga Gym, Katie Sutherland..... (CBD15W2-1h)



CBD: Children's Health & Well-being: Contemplative Practices in the Schools (CBD15W2-2)

Sponsored by: WorkLife, HELP Center, Lucille Packard Children's Hospital (LPCH), HIP

The benefits and feasibility of children learning mindfulness practices in a school-based program will be presented by Dr. Carrion. He will share information about the instruction provided in the classrooms as well as the outcomes observed to date in his project for 800 3rd and 5th graders at Ravenswood City School District in East Palo Alto. His 2012 pilot study found participants developed better interpersonal relationships and self-esteem and had lower social stress, and less anxiety and depression. Dr. Carrion and his research colleagues are evaluating if mindfulness practices grounded in yoga can improve children's ability to pay attention and to emotionally self-regulate. This talk will include time for Q&A.

Instructor: Victor G. Carrion, MD, is the Associate Chairman and Professor of Psychiatry and Behavioral Sciences as well as Director of the Stanford Early Life Stress and Pediatric Anxiety Program (ELSPAP) at Lucille Packard Children's Hospital. Dr. Carrion's research on the behavioral, academic, emotional, and biological effects of early trauma has led to the development and implementation of effective new interventions, including mindfulness, for treating children who experience traumatic stress.



Date: Wednesday, 11/11 Time: 12:00-1:15pm

Location: Clark Auditorium



CBD: Storytelling Workshop: Authentic Expression, Deep Listening & Contemplation (CBD15W2-3)

Sponsored by: The Stanford Storytelling Project, WorkLife, HELP Center, HIP

Stories and storytelling have long been a vehicle for creating greater presence to ourselves, others, and our world. In this workshop you'll explore how to turn your encounters with stories into contemplative practices, with many of the same benefits of mindfulness and compassion meditation practices. Join us to discover how to use stories and storytelling to reflect deeply and create more intimacy in all of your relationships.

Through his engaging storytelling, Jonah will illuminate the narrative voice and the essentials of conscious communication skills; and their relationship with contemplative practices.

Instructor: Professor Jonah Willingham is the Bruce Braden Lecturer of Narrative Studies at Stanford and Director of the Stanford Storytelling Project, an arts program that sponsors courses, grants, an acclaimed event series, and the award-winning radio program State of the Human. He is also co-founder of Stanford LifeWorks, an initiative that supports students' natural capacities for courage, resilience, compassion, and deep attention.



Date: Wednesday, 11/11 Time: 5:30-6:45pm

Location: Alway, Rm M112



THURSDAY CBD EVENT (NOV. 12TH)



CBD: Silent Yoga in Windhover (CBD15TH2-1)

Sponsored by: ORL, HIP

Mindfulness and breath are central to yoga. They are also central to Stanford's beautiful contemplative space, Windhover. Begin your morning in the serenity of Windhover; join us for a silent yoga practice. The practice will begin with sun salutations, and flow into standing and floor poses while helping you to listen to your body, and compassionately and wisely respect your capabilities. Suitable for all levels. Transitions will be signaled by a meditation bell.



Instructor: Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, has been integrating mindfulness, compassion and meditation into stress management programs at the university and medical center since 1984. The Contemplation by Design (CBD) program is the continuation of her dedication to the resilience and well-being of the Stanford community.



Date: Thursday, 11/12 Time: 8:15-9:15am

Location: Windhover



CBD: Contemplative Concert at Bing (CBD15TH2-2)

Sponsored by: Stanford Arts, Bing Concert Hall, HIP, BeWell

Through music, dance and song, experience PEACE: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express. The concert includes Professor Steve Sano playing slack key guitar, Tyler DeVigal '16 playing cello, student services employee Karin wMoriarty sharing expressive dance, School of Medicine employee Akila Rao and Company performing Classical Indian Dance, and Ladidi Garba '14 singing, with special performances by Jessica Anderson '14 and Stanford Talisman.

Faculty and Staff will earn a Health Enrichment berry by attending this concert.

Date: Thursday, 11/12 Time: 12:00-1:00pm

Location: Bing Concert Hall



Empathy, A Cantor Arts Center Exhibit

"Empathy" entered the English language via aesthetics and psychology in the late 19th century. Today, empathy is discussed not only in the arts and humanities, but also in Silicon Valley, Stanford's d.school, and the latest neuroscience. We share a deep need to walk in the shoes of another. This exhibition traces the meaning and practice of empathy through artistic representations of Buddhist compassion; Christianity's commandment to love our neighbor; Enlightenment moral philosophy; and Civil Rights-era photography. It accompanies the "Thinking Matters" course taught by Jane Shaw, professor of religious studies.

Ongoing every day from August 12- January 25, 2016, 11:00 am – 5:00 pm