

SCTWC Schedule

February 2010

Mind Body Medicine

“If you want to see what your thoughts were like yesterday, look at your body today. If you want to see what your body will look like tomorrow, look at your thoughts today.”

Old Indian Saying



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 BREATHE
7	8 Mind Body Medicine: 12pm	9 Guided Imagery and Meditation: 11am	10 Peace: 10am (1) Just Talk: 12pm	11 Origami: 1pm	12	13 RELAX
14	15 Just Talk: 1pm	16 Autogenic Training: 11am	17 Peace: 10am (2) Mind Body Medicine: 12pm	18 Progressive Muscle Relaxation: 2pm	19	20 LIVE
21	22 Origami: 11am	23 Mandalas: 2pm	24 Peace: 10am (3)	25 Just Talk: 11am	26	27 PEACE
28	1	2 Mind Body Medicine: 12pm	3 Peace: 10am (4)	4	5	6

Robyn Callahan, BSW; the Mind Body Medicine Therapist at Seattle Cancer Treatment and Wellness Center is determined to help others find inner peace and healing. She is a graduate from Seattle University with a Bachelors of Social Work and Bachelors of Arts in Psychology and has completed Clinical Training in Mind-Body Medicine at Harvard Medical School. In addition to her Western education she has post-graduate training in Chinese Medicine focusing on healing qigong and meditation at the Shaolin Monastery in the Henan Province of China; and has studied imagery, visualization, and healing locally at Bastyr University.

Robyn is excited to bring healing activities to the center! Below are brief descriptions of February's activities. If you have any questions, feel free to contact her at robync@seattlecancerwellness.com OR 425-204-7480.

Mind Body Medicine: Learn about Mind Body Medicine, the field that explores the influence of the mind and emotions on one's body and immune system.

Meditation: What is meditation? Learn the basic principles of meditation and how to implement such practices into your daily life.

Guided Imagery: Guided Imagery is a form of relaxation based on the idea that you can use images to positively affect your body. Experience a guided imagery session. Ask questions about implementing imagery into your life when attaining health and wellness.

Just Talk: Participate in a casual patient-led conversation about life, healing, and anything else on your mind!

Origami: The crane in Japan is one of the mystical or holy creatures and is said to live for a thousand years. An ancient Japanese legend promises that anyone who folds a **thousand origami cranes** will be granted a wish by a crane, such as long life or recovery from illness or injury.

Autogenic Training: Learn to relax by training your body to respond to your comforting and healing thoughts.

Progressive Muscle Relaxation: A great technique to reduce body tension, by tensing and relaxing all the muscle groups in your body.

Mandalas: The word "mandala" is from the language of Sanskrit and means "circle". It represents wholeness. The simple act of coloring such circular patterns is both meditative and healing.

PEACE: The class "Find peace: Practical Ways to Deal with life Stress" is designed as a continuous four week course. You are also more than welcomed to drop in! Learn simple tools to help alleviate daily stress and improve your emotional and physical health.



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and Wellness
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