7th Annual Mayo Clinic Enterprise Therapy Education Conference: Lifestyle Medicine and the Role of the Therapist
February 4, 2023

Complementary and Integrative Medicine

Jane Hein, PT, Certified Yoga, Pilates
Christopher Taylor, OTD
Upon conclusion of this activity, participants should be able to:

• Identify the aspects of life that cultivate holistic balance and well-being.

• Describe 3 ways to incorporate integrative methods into a therapy session.
The practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, health care professionals and disciplines to support optimal health and healing.
FIVE ASPECTS OF LIFE TO MAINTAIN HOLISTIC BALANCE

PHYSICAL

SOCIAL

EMOTIONAL

MENTAL

SPIRITUAL
INTEGRATIVE MEDICINE TEAM

Certified Instructors:
- Yoga
- Tai Chi
- Reiki
- Resiliency Specialists
- Meditation
- Aromatherapists

Acupuncturists

Registered Dietitian

Animal Assisted Therapy (Caring Canines)

IMH Nurse

IMH Physicians

Physical Therapists

Massage Therapists

Speech Therapists

Occupational Therapists

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The mission of NCCIH is to determine, through rigorous scientific investigation, the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care.

National Center for Complementary and Integrative Health (nih.gov)
INTEGRATIVE CARE TECHNIQUES

• **Movement Techniques:**
  - Tai Chi
  - Yoga

• **Physical Techniques:**
  - Physical Agent Modalities
  - Dry Needling
  - Acupuncture
  - Massage
  - Reiki

• **Relaxation Techniques:**
  - Biofeedback
  - Essential Oils
  - Resiliency
  - Guided Imagery
  - Meditation
  - Progressive Muscle Relaxation
Benefits of Tai Chi include:
- Improved balance
- Reduced fear of falling
- Increased strength
- Increased functional mobility
- Greater flexibility
- Increased psychological well-being
- Sleep enhancement for sleep disturbed elderly individuals
- Increased cardio functioning

Tai Chi is effective for preventing falls in older adults.

(Kuramoto, 2006)

(Huang, et al., 2017)
TAI CHI: THERAPEUTIC EXERCISE

- Dynamic stepping
- Static standing balance
- Reaching outside base of support
- Bilateral integration
- Following multi-step directions
- Visual/Vestibular input
- Diaphragmatic breathing
TAI CHI: FUNCTIONAL CARRY-OVER

A. SNAKE RISES OUT OF THE GRASS
   - Picking up object from ground
   - Squating, anterior/posterior pelvic tilt, postural control

A. PHOENIX ASCENDS FROM THE FLAMES
   - Grabbing pile of laundry
   - Shoulder mobility, bilateral UE integration, core stability

A. EMBRACING THE SUN AND THE MOON
   - Placing cup in cabinet
   - Reaching outside BOS, visual-perception, weight-shifting

(Andersson, 2018)
YOGA

- Incorporates deep relaxed breathing
- Gentle prolonged stretches
- Improves circulation, range of motion, balance
- Calms the mind
- Reduces pain

(Patel, Newstead, & Ferrer, 2012)

Yoga for the Management of Cancer Treatment-Related Toxicities - PubMed (nih.gov)

To find a certified Yoga teacher:
www.ncbtmb.org
PHYSICAL AGENT MODALITIES:

- Cryotherapy
- Thermotherapy
- Electrical Stimulation
- Ultrasound
- Laser Therapy

WHEN TO USE?

CONTRAINDICATIONS?
PHYSICAL AGENT MODALITIES: EVIDENCE

Pain: Ice/heat packs\(^1\), contrast baths\(^2\), Iontophoresis\(^3\), IFC/TENS\(^4\), ultrasound\(^5\), laser therapy\(^6\)

Edema: contrast baths\(^7\), ice\(^8\), fluidotherapy\(^9\)

ROM: Neuromuscular Electrical Stimulation (NMES)\(^{10}\)

Spasticity: ice baths\(^8\)

1 (Dehghan & Farahbod, 2014)
2 (Stanton, Bear-Lehman, Graziano, & Ryan, 2003)
3 (da Luz, de Borba, Ravanello, Daitx, & Döhnert, 2019)
4 (Fuentes, Armijo Olivo, Magee, & Gross, 2010)
5 (Papadopoulos, & Mani, 2020)
6 (Chen, et al., 2022)
7 (Hnatowicz, 2010)
8 (Kowal, 1983)
9 (Öncel, Küçükşen, Ecesoy, Sodali, & Yalçın, 2021)
10 (Hong, et al., 2018)
TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR (TENS)

- Proven effective to relieve acute, chronic, neuropathic pain
- Small electrodes placed over the painful area
- Treatments: 30 min, 3-4 times/day
- Relatively inexpensive

(Post, et al., 2022)
# Dry Needling vs Acupuncture

## How They Differ

<table>
<thead>
<tr>
<th>Acupuncture</th>
<th>Dry Needling</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;2500 years old</td>
<td>1930’s and still in research</td>
</tr>
<tr>
<td>Traditional Chinese Medicine</td>
<td>Western Neuromuscular Medical Model</td>
</tr>
<tr>
<td>Balances the flow of qi along meridian pathways</td>
<td>Stimulates self-healing with promotion of healing chemicals to the area needle is inserted</td>
</tr>
<tr>
<td>Uses acupuncture points</td>
<td>Uses homeostatic neuromuscular trigger points and intramuscular trigger points</td>
</tr>
<tr>
<td>Treats neck, back and shoulder pain, arm pain, headaches, jaw pain, buttock pain and leg pain, among many other conditions</td>
<td>Uses very thin monofilament needles</td>
</tr>
</tbody>
</table>

## How They Are Similar

- Uses very thin monofilament needles
DRY NEEDLING: EVIDENCE

**Pain:** Low- to moderate-quality evidence suggests that dry needling performed by physical therapists is more effective than no treatment / sham dry needling for reducing pain in patients presenting with musculoskeletal pain.

(Gattie, Cleland & Snodgrass, 2017)

**ROM:** Dry needling is an effective physical agent modality to decrease spasticity and increase ROM, both of which are potentially beneficial to functional outcomes.

(Bynum, et al., 2021)
ACUPUNCTURE

- Thin needles applied to acupoints
- Stimulates the endocrine and nervous systems
- Promotes optimal health and well-being

EVIDENCE: Studies have shown the effectiveness in the treatment of back pain, either acute or chronic and myofascial pain.¹ No statistically significant difference was observed between Traditional Chinese Acupuncture and sham acupuncture, suggesting that the observed differences could be due to placebo effects.²

1 (Manheimer, White, Berman, Forys, & Ernst, 2005)
2 (Scharf, et al., 2006)

To find a licensed acupuncturist: www.NCCAOM.org
MASSAGE THERAPY

Therapeutic manipulation of the soft tissues of the body.

Benefits:

• Reducing stress and increasing relaxation
• Reducing pain and muscle soreness and tension
• Improving circulation, energy and alertness
• Lowering heart rate and blood pressure
• Improving immune function

(Li, et al., 2014)

To find a licensed massage therapist: www.ncbtmb.org
National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).
AROMATHERAPY

Aromatherapy can offer relief from numerous ailments:

- Depression
- Indigestion
- Headache
- Insomnia
- Muscular pain
- Respiratory problems
- Skin ailments
- Swollen joints
- Nausea

ESSENTIAL OILS: CLINICAL APPLICATION

- **Eucalyptus**
  - Beneficial for colds, flu, bronchitis, and sore throat
  - Natural insect repellent

- **Lavender**
  - Improves sleep
  - Relieves stress
  - Reduces anxiety
  - Helps with minor burns and insect bites

- **Lemon**
  - Aids digestion
  - Boosts mood and energy levels
  - Antimicrobial

- **Peppermint**
  - Aids digestion
  - Relieves muscular aches and pains
  - Relieves nausea and migraines
  - Improves concentration
Olfactory Training

**BACKGROUND**

* Distortion of normal sense of smell

**CAUSES**

* Damage to olfactory bulbs
  - COVID-19
  - Head trauma
  - Environmental exposures
  - Persistent dry mouth
  - Normal aging
  - Brain tumors
  - CNS disorders
  - No definitive cause

**TREATMENT**

* Smell training
  - Exposed to 4 odors twice per day for several months

* Neuroleptic or anti-epileptic medications
  - Promote neuronal regeneration

Your health care provider has recommended that you do a therapy called olfactory training as a way to treat the loss of your ability to smell. Your olfactory system is the sensory system that you use to smell.

Your loss of the sense of smell may have been caused by any of these:

- You had trauma to your head.
- You had surgery on your nose.
- You have long-term sinus problems.
- You have dementia or Parkinson’s disease.

To assess your ability to smell, your health care provider may ask you to do a test called the University of Pennsylvania Smell Identification Test, or, UPSIT, for short. The higher your score, the better you are able to smell.

After doing olfactory training, most people do not regain 100 percent of their ability to smell. However, research shows that olfactory training can be helpful to improve some people’s sense of smell.

**Choosing the essential oils you will use for your olfactory training**

There are many essential oil scents available. Choose scents that are from these four groups: fruity, floral, evergreen/resinous and spicy.

Examples include:

- Fruity: lemon, lime, grapefruit
- Floral: rose, geranium
- Evergreen/resinous: pine, patchouli, balsam, blue spruce
- Spicy: sage, rosemary, thyme, lavender

The most common scents people choose are lemon, rose, eucalyptus and clove.

You do not have to limit yourself to the oils you originally choose. You can substitute other essential oils with the four you started with or add ones to those you use. Just be sure to always use at least one essential oil from each of the four scent groups.
RESILIENCY

SMART: Stress Management and Resilience Training (Dr. Amit Sood)

- Mayo Clinic Guide to Stress-Free Living
- Mayo Clinic Guide to Happiness
- Mayo Clinic Guide to Integrative Medicine
- Mindfulness Redesigned for the Twenty-First Century: Let’s Not Cage the Hummingbird A Mindful Path to Resilience

A Very Happy Brain
Resilient Option
Relaxed Breathing
GUIDED IMAGERY

- Use visualizations of objects, scenes, or events that are associated with relaxation

- Visualizations can elicit peaceful or happy memories or heighten our awareness to better perceive the image through our senses.

- Imagery alters processing in the central, peripheral, and autonomic nervous systems so that perception of a symptom such as pain is reduced or eliminated

MEDITATION

The emotional and physical benefits of meditation can include:

• Gaining a new perspective on stressful situations
• Building skills to manage your stress
• Increasing self-awareness
• Focusing on the present
• Reducing negative emotions
• Increasing imagination and creativity
• Increasing patience and tolerance
• Lowering resting heart rate
• Lowering resting blood pressure
• Improving sleep quality

PROGRESSIVE MUSCLE RELAXATION

• Progressive Muscle relaxation (PMR) is tensing and releasing of muscle groups

• Rationale - a person’s attention is drawn to discriminating between feelings experienced when a muscle group is relaxed and when it is tensed
  
  • Frequency and pain levels of migraine headaches were decreased using PMR.
  
  • A number of studies suggest that PMR or mindfulness training can relieve low back pain and improve flexibility.

Progressive muscle relaxation reduces migraine frequency and normalizes amplitudes

Low back pain: Relaxation techniques for back pain
Ofer IM modalities & resources during therapy sessions

Assist patient to navigate to relaxation channel, music & wellness on MCTV

IM patient education resources to stock:

- Your path to well being and discovery
- Essential oil: Aromatherapy safety - MC5574-120 (mayo.edu)
- Relaxed breathing (diaphragmatic) - MC0992 (mayo.edu)
- Mindful movements: Gentle yoga - MC6734-04 (mayo.edu)
- Mindful breathing recording bookmark - MC4120-20 (mayo.edu)
- DVD progressive muscle relaxation - MC5719-01 (mayo.edu)
- DVD - Gentle movements Tai Chi Qigong - MC5997 (mayo.edu)
- Using relaxation skills to relieve your symptoms - MC4009 (mayo.edu)
- Transcutaneous electrical nerve stimulation (TENS) - MC2058 (mayo.edu)
- Tai Chi discover the many possible health benefits - MC5997-01 (mayo.edu)
- A simple guide to meditation - MC8405 (mayo.edu)
- Ways to manage your feelings and thoughts - MC7569 (mayo.edu)
- Well-being coloring booklet - MC5574-135 (mayo.edu)
- Massage - MC0928-03 (mayo.edu)
- Acupressure for anxiety bookmark - MC5574-70 (mayo.edu)
- Acupressure for pain bookmark - MC5574-114 (mayo.edu)
- Acupressure for insomnia bookmark - MC5574-77 (mayo.edu)
NOHARM

NON-PHARMACOLOGICAL OPTIONS IN POST-OPERATIVE HOSPITAL-BASED AND REHABILITATION PAIN MANAGEMENT PRAGMATIC TRIAL - A HEAL UH3 DEMONSTRATION PROJECT

ANDREA CHEVILLE, MD, MSCE & JON TILBURT, MD

GOALS:

1. Support patient education and decision-making around non-pharmacologic options for pain management in the post-operative setting
2. Support patients in their pursuit of non-pharmacologic pain management modalities
NOHARM STEPPED WEDGE DESIGN
Healing After Surgery Guide – Sent to Mychart (Portal)

**Movement**
- Walking
- Yoga
- Tai Chi

**Relaxation**
- Meditation
- Relaxed Breathing
- Music Listening
- Guided Imagery
- Muscle Relaxation
- Aromatherapy

**Physical**
- Acupressure
- Massage
- Cold or Heat
- TENS
Healing After Surgery Videos and Handouts

Aromatherapy: An introduction
Aromatherapy involves breathing in the scent of natural oils made from plants to feel calmer. Learn how aromatherapy can help with pain management as you recover from surgery.

Breathing: An introduction
Breathing from the belly is a very effective way of lowering stress. Learn how practicing relaxed breathing can help with pain management as you recover from surgery.

Breathing: Relaxed abdominal breathing
Offers practical techniques to manage stress and promote relaxation.

Breathing: Skills to manage emotions and reduce suffering
Explains how to use gentle paced breathing to help relax in times of distress.

Guided Imagery: An introduction
Guided imagery is a way to use the power of your imagination to reduce anxiety and pain. Learn how guided imagery can help with pain management as you recover from surgery.

Guided Imagery: Evening sky guided imagery
Offers practical techniques to manage stress and promote relaxation.

Guided Imagery: Seaside serenity guided imagery
Offers practical techniques to manage stress and promote relaxation.

Meditation: An introduction
Meditation is a way of focusing your attention on the present moment to manage thoughts and feelings. Learn how practicing meditation can help with pain management as you recover from surgery.

Massage
Massage involves using soft pressure to help with pain management as you recover from surgery.

Yoga
Yoga helps to control stress and promote recovery. Learn how practicing yoga can help with pain management as you recover from surgery.

Pain Management Action Plan
These pain management techniques...

Acupressure
Acupressure involves using your thumbs to apply pressure to specific places on your body. Learning how to apply acupressure can help with pain management as you recover from surgery.

healingaftersurgery.mayo.edu
Continuum of Care Providers can support Healing After Surgery initiative

**Preoperative**
- HAS Guide in Portal
- Healing After Surgery Workbook MC5574-157rev1122

**Acute Care**
- Mobility
- Modalities
- Videos on Patient Education

**Pre-Post Operative**
- Group Zoom Calls
- Toll Free Support
ROCHESTER

Services Available to You in the Hospital

<table>
<thead>
<tr>
<th>Offering</th>
<th>Description</th>
<th>Fee-Based Service</th>
<th>How To Request</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Humanities in Medicine</strong></td>
<td></td>
<td>X</td>
<td>Ask your care team to contact</td>
</tr>
<tr>
<td>Arts at the Bedside</td>
<td>Artists, authors and musicians</td>
<td></td>
<td>Humanities in Medicine</td>
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<tr>
<td>Creative Writing at the Bedside</td>
<td>(many of whom are Mayo Clinic employees) visit patients</td>
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<tr>
<td>Music at the Bedside</td>
<td>at their bedside to engage them in an individualized</td>
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<td>arts experience.</td>
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<td><strong>Integrative Medicine &amp; Health</strong></td>
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<tr>
<td>Acupuncture</td>
<td>Licensed and nationally certified acupuncturists work</td>
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<td></td>
<td>with your care team to enhance the body's self-</td>
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<td></td>
<td>healing abilities</td>
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<tr>
<td>Animal Assisted Therapy</td>
<td>Registered and trained therapy dogs provide</td>
<td>X</td>
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<tr>
<td>(Caring Canine)</td>
<td>compassion and support, nature human-animal</td>
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<td>Ask your care team to place</td>
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<td></td>
<td>interactions and help to motivate patients</td>
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<td>an order</td>
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<tr>
<td>Integrative Health Specialist</td>
<td>Consultation to discuss and develop a treatment plan</td>
<td>X</td>
<td></td>
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<td>utilizing integrative therapies.</td>
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<td>Massage Therapy</td>
<td>Board-certified massage therapist will work with your</td>
<td>X</td>
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<td>medical team to provide massage therapy or other</td>
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<td>related modalities as part of your care plan.</td>
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<tr>
<td>Reiki/Healing Touch</td>
<td>Gentle touch to help balance and support</td>
<td>X</td>
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<td></td>
<td>individual's natural ability to heal.</td>
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<tr>
<td><strong>Volunteer Services</strong></td>
<td></td>
<td>X</td>
<td>Ask your care team to contact</td>
</tr>
<tr>
<td>Caring Hands</td>
<td>Non-therapeutic relaxing hand massage</td>
<td></td>
<td>Volunteer Services</td>
</tr>
<tr>
<td>Hospitality Cart</td>
<td>Volunteers enhance the patient experience by visiting</td>
<td>X</td>
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<td>designated hospital units offering conversation</td>
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<td></td>
<td>and a variety of comfort items.</td>
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</tbody>
</table>

* Fee-based service. Insurance coverage of Integrative Medicine services vary. You will be responsible for that portion of your bill if your treatments are not covered.

Integrative Medicine | Health

Healing Enhancement Resources
- Acupuncture
- Breathing Techniques
- Aromatherapy
- Massage
- Guided Imagery
- Holistic Nursing Strategies
- Integrative Medicine Services

Healthy Living Program and Rejuvenate Spa
intranet.mayo.edu/charlie/healthy-living-program-rst/integrative-medicine-health-rst/

Healing Environment resources
- Check TV channel listing for music, relaxation/CARE channel
- Humanities in Medicine
  https://intranet.mayo.edu/charlie/humanities-medicine-rst/
- Meditation and chapel spaces
  https://intranet.mayo.edu/charlie/spiritual-care-rst/chapels-at-mayo-clinic/
- Volunteer Services
  https://intranet.mayo.edu/charlie/mayo-clinic-volunteer-programs-rst/
- Check out the outdoor spaces on the campus maps
  http://mayoweb.mayo.edu/sp-forms/mc1600-mc1699/mc1663-55.pdf

OUTPATIENT
Integrative Medicine Outpatient Referral 4-8913
Integrative Oncology Services 8-9166
If your patient is being followed by the Palliative Care team, contact their service pager for integrative therapy options.
RMH: 04311
SMH: 07817

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INTEGRATIVE MEDICINE
Quiet the mind. Soothe the body. Restore the spirit.

For more than 10 years, doctors at Mayo Clinic have been integrating complementary and alternative therapies with conventional Western care. Alternative medicine, also known as integrative medicine, is meant to complement rather than replace Western medical care and treatment.

Offered to patients of the
Robert and Monica Jacoby Center for Breast Health

- Integrative Medicine Consult
- Supplements and Botanicals Consult
- Mindfulness and Stress Management Consult
- Functional Nutrition Consult
- Acupuncture
- Massage Therapy
- Mindfulness and Stress Management Classes
- Integrative Cooking Classes

Each service is designed to complement an individual's overall wellness needs and emphasize treatment of the whole person, including physical, emotional, mental, and spiritual health, with the goal of providing optimal health and balance.

For more information or to request an appointment – please visit the front desk of Robert and Monica Jacoby Center for Breast Health
Davis Building - 2 North
Mayo Clinic Jacksonville, FL
INTEGRATIVE MEDICINE & HEALTH

Pricing

Acupuncture - Insurance

Many insurance plans have started to cover integrative medicine services – though each plan is different. Mayo Clinic is contractually obligated to bill commercial insurance. Please follow-up with your health care payer to determine if acupuncture is a covered benefit and if prior authorization is required. Please contact Mayo Clinic Integrative Medicine at 480-342-4888 only if prior authorization is required.

Should you elect to proceed with this service, and your health care payer does not cover the services, you will be personally responsible for payment.

Medicare / no insurance

Self-pay at time of service

Massage Therapy

60 Minute Treatment $98
45 Minute Treatment $88
30 Minute Treatment $48

Self-pay at time of service
No tipping allowed, referrals appreciated

Gift Certificates Available

Call 480-342-4888 to schedule.
Email ArzIntegrativeMed@mayo.edu
Mayo Clinic Building - PHX 3 | Concourse Level
5881 East Mayo Boulevard | Phoenix, Arizona 85054

INTEGRATIVE MEDICINE & HEALTH

Wellness Classes & Services

INTEGRATIVE MEDICINE & HEALTH

CLASS SCHEDULE March – June 2020

PREVIEW:

MEDITATION (free/no charge) Renee

Yoga Basics ‘New’ Maria

Chair Yoga Maria

Workshops Maria

yoga nidra or mindfulness.

Chair Yoga: A chair-based practice for improving physical balance simultaneously reducing stress, muscular tension, and pain. This class will include chair-based supported movement, breathing exercises, and yoga nidra or mindfulness.

Yoga Pair breath and movement in a seated, standing and reclining practice of traditional yoga postures to cultivate balance, strength and flexibility.

Gentle Stretch Yoga: Yoga props such as blankets and blocks are often used. This class is a slower pace and focuses on stretching all areas of the body, working your muscles, and calming your mind.

Meditation (fee/no charge) Discover and learn stress reducing methods to invite peace of mind, awareness and balance in your life. This includes several types of meditation breathing exercises and how to recognize stress patterns and manage them.

Yoga Basics: Learn basic standing postures for overall balance, strength and flexibility. Experience mindful movement while implementing focus, intention and simple breath exercises to boost energy and calm the mind. Come and learn if you’re new to yoga, refine your practice if you’re familiar with yoga.

Stretch & Restore: Develop flexibility through primarily seated stretches in the stretch portion. Props may be used to fully support the body in poses to facilitate relaxation & restoration in the restore portion.

Tai Chi: This practice is easy to learn, and easy to practice. This sequence can be done seated, standing or walking. Additional Qigong exercises will be explored. This is a great drop in class or an introduction to Tai Chi.

Private Sessions
1 person 60 minutes $95

Gift Certificates Available

Try a class today!

• Designed to complement your overall wellness needs
• Treatment of whole person: physical, emotional, mental, and spiritual
• Provide optimal health and balance

INTEGRATIVE MEDICINE & HEALTH

Wellness Classes & Services

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Gift Certificates Available

Try a class today!

• Designed to complement your overall wellness needs
• Treatment of whole person: physical, emotional, mental, and spiritual
• Provide optimal health and balance

Wait Arrival Policy

Please note: Classes will start on time and no late entries are allowed. Aim to arrive 15 minutes before class is scheduled to start. Allow extra 15-20 minutes for traffic congestion, parking, and check in.
THANK YOU!

We wish you well in your continued journey toward health and well-being 😊

Jane Hein, PT:  
hein.jane@mayo.edu

Christopher Taylor, OTD:  
taylor.christopher@mayo.edu
Massage Therapy:

Relaxation Techniques:

Essential Oils:
National Association of Holistic Aromatherapists - NAHA.org/explore-aromatherapy/safety/.

Acupuncture:

Meditation: