

# MIND BODY MEDICINE OPEN & ADJUNCTIVE GROUPS



## Happy Hour Yoga with Zaquia Salinas

A physical practice designed to elicit relaxation while strengthening the body. Through a series of postures known as asanas, participants enhance their capacity towards greater resilience by developing a deeper connection with mind and body.

**Tuesdays 1630 - 1730**  
**Thursdays 1630 - 1730**

MWR Athletics Complex  
Building 12  
Upstairs in the Group Exercise Room  
(619) 532-8516

Yoga is on-going and free to all active duty, retirees, dependents, and civilian staff.

**No preregistration or referral necessary.**

Call the front desk in advance if  
Wheelchair assistance is required.



## Drop-In Meditation Practice:

Meditation has been shown to positively impact the brain and body in the face of stress, illness, and difficulty. Experience the practice of mindfulness and other evidence-based meditative techniques for stress reduction and greater well-being.

Led by Dr. Genelle Weits

***Drop-in or refer through  
Mind Body Medicine (619) 532-5128***

**Mondays 1000 - 1100**

Bldg. 6 – First Floor  
DMH Large Conference Room



## Qigong

A branch of traditional Chinese Medicine that unites the body and mind to increase energy and enhance the body's natural healing abilities through gentle breathing, imagery, and simple exercise (done standing and/or seated on a chair).

**TUESDAYS 1100-1200**

***Consult referral through Health &  
Wellness (619) 532-6573.***

---

## **Questions?**

## **MBM Office:**

## **619-532-5128**