



## A UNC 7`]b]W Resilient Living two-day core & elective descriptions

Focus	Title	Description
Resilient Living	<b>CORE SESSIONS</b>	
	Positive Psychology: Strategies for Healthy and Happy Living <b>By: Dr. Matthew Clark</b>	Negative thinking can drag you down in more ways than one. Use positive psychology tactics to help you combat this challenge. You'll learn strategies for enhancing your positivity, becoming more mindful and increasing your optimism for the future. Work with a Mayo Clinic resiliency expert to practice several tactics and to determine how to use them to change into your life.
	Rejuvenate: An Integrative Approach to Health and Wellness <b>By: Dr. Brent Bauer</b>	Spa services aren't just fluff; clinical studies show that there's legitimate benefit to regularly engaging in activities that make you look and feel better. Learn how traditional spa services and emerging integrative medicine approaches, such as yoga, tai chi and massage, can help you develop a deeper sense of resiliency.
	The Art of Self-Compassion <b>By: Dr. Kristin Vickers-Douglas</b>	Demonstrating empathy and compassion for yourself is much more difficult than demonstrating compassion for others, but it's a critical component of a well-lived life. Shame, guilt, and self-blame can sabotage your efforts to optimize your wellness and enhance your quality of life. Learn how to practice self-compassion and unlock the potential to make change possible for you.
	Train Your Brain for Happiness <b>By: Dr. Amit Sood</b>	Learn groundbreaking insights into brain science, specifically around neurological situations that create unwanted stress. Harness this understanding to develop an individualized approach toward lower stress, greater happiness and a more fulfilling life.
<b>ELECTIVE SESSIONS</b>		
Physical Activity	All Things Play	When did exercise stop being fun for you and become "work"? Tap into your inner child and engage your playful side. This high energy experience uses play as a part of your exercise routine. Prepare to laugh, have fun, and expand your workout potential!
	Happy Feet	Your feet have a tough job. Over the course of your life, you put a lot of wear on them. Kick off your shoes and learn some simple techniques that improve flexibility and build strength. Our spa approach will allow you enjoy a little pampering in your soles for a feeling of relaxation and rejuvenation sure to put some pep back into your step!
	Total Body Triumph	Experience a fusion of resistance, cardio and core exercises for the total body using minimal equipment. This class is guaranteed to get your heart pumping and your muscles working in an efficient 30 minutes. Gliding disks and weighted workout balls are used in this session which provide controlled range of motion that mimics your daily tasks through a functional workout. Exercise variations will be demonstrated to ensure all individual abilities are accounted for. The workout is designed to enhance and allow for you to be more mindful with your daily movements. Athletic shoes and apparel is appropriate for this class.
Nutrition	Cooking For the Ones You Love	Bring your passion to the kitchen and work with our Executive Chef to create a heartfelt, savory meal for those who mean the most to you. Lunch is included as part of your cooking experience.
	Savor Each Bite	All of us bring unique eating experiences to the table; learn to become more aware and engage all senses while savoring each bite of food. Instead of the feeling of deprivation, discover how food can nourish our body and heart. Class participants will be guided through a mindful eating experience to help raise their awareness.
	Recipes for Zestful Living	Awaken all your senses for this integration of cooking with mind, body and spirit. Find the aromas, flavors and feelings cooking your way through resiliency. Breakfast is included as part of your zestful cooking experience.
	Soothe Your Body and Soul with Tea	Start with a background of what tea is and the different types that exist. Move on to a brief history of what tea was used for in ancient times. Leads into health benefits of tea (what the research says). Also address the effects tea can have on the mind and emotions. Then end with an experience of tasting tea and reflecting on the feelings we have when we drink it.

Space may be limited. To make your reservation, call us at **507-293-2933**.



# Mayo Clinic Healthy Living Program

Resiliency	Candlelight Yoga	Let the warm soft candlelight envelop you as you experience slow, gentle, restorative yoga postures to relax the body and the mind. Let all the troubles of the day melt away as you enjoy this time for yourself.
	Create & Connect: Explore Your Wellness Future	Ever think about the future and what you want it to look like? Just wish you had a clear vision of the person you always wished you could be? Join our certified wellness coaches to learn how to create your own vision to healthy living. Join us for a fun, interactive, activity-based class.
	Explore Meditation	Join us for a guided meditation session that provides an opportunity for intentional stillness, non-doing and strengthening attention. Enjoy a mindful approach to connecting with your breath, body and life!
	Find the Novelty in Everyday Conversation	Are you looking to strengthen connections with others? Join one of our certified wellness coaches for a fun, interactive, skill building class where you will learn the RULEs of a meaningful conversation. Develop strategies to awaken your relationships with family, friends or colleagues all through the art of conversation.
	Fireside Chat with a Resiliency Specialist	Spend some time with your Resiliency Specialist to reflect on the day's experience. We will help you to put philosophy into practice; allow gratitude to become more than just a word. Enjoy the ambiance of the skyline view while discovering more about yourself.
	Mind Body Suspension	Release tension and increase mobility through the seamless blend of yoga-inspired flowing postures and a suspension trainer. The use of the suspension straps allows for deeper poses for those wanting the added leverage while also providing greater stability for individuals new to either modalities.
	Mindfulness 101	What exactly is mindfulness? Join us to learn and experience a variety of mindfulness methods to build into your practice- at home or on the road. Mindfulness can help to increase focus, feel more at peace, foster connections, improve sleep and lower blood pressure.
	What's My Calling	Do you find yourself wondering, "what is my purpose, is this the right path in life for me, or is this next opportunity worth the risk?" "What's my Calling" is a fun, hands-on interactive session focused on helping you identify your own personal passions and how they might shed some light on the answers to your bigger questions. Discover ways to <i>live</i> your calling in everyday life!
	Yoga: A Sensory Experience	Experience a calming, gentle yoga session with our certified yoga instructors. This session will infuse aromatherapy ideas with a movement practice to help ease tension and create space for relaxation and rejuvenation.
Facility Use Personal Time	Spa	Rejuvenate Spa appointments are available for scheduling during your experience. Relax with a soothing massage or pedicure. Refresh with a customized facial or body-wrap. Treat yourself to a therapeutic experience of your choice, applying your spa voucher included with this package. Our service specialist team looks forward to assisting you with scheduling your appointment as part of your Resilient Living experience. When booking your service, take into consideration your class schedule, spa check-in time needed and transition time between your sessions so that you are not rushed throughout your day- that you may fully experience rejuvenation.
Spa	Facility Use	During your visit with us, enjoy using our space as part of your day. Make yourself at home by relaxing in our whirlpool or steam room, get a workout in on our 4th-floor exercise space, check out the view on our 7th-floor sky view lounge or take some time for personal meditation in our private reflection rooms. As part of your experience, you may wish to pack a small bag with all your needed gear- swimwear, workout attire, etc. Locker and shower facilities are provided for your convenience.

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