



### 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.

## MIND BODY MEDICINE OPEN & ADJUNCTIVE GROUPS



### Mantram Repetition:

Utilize this scientifically validated technique based on the ancient practice of repeating a sacred name/phrase to focus the mind and reduce stress.

Led by Ran Wittry, LCSW & Chaplain  
Leverette

Thursdays 1100 - 1230  
Bldg. 4 – First Floor  
Conference Room 8

*Register for sessions by referral or call  
(619) 532-5128*

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### Drop-In Meditation Practice:

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

Tuesdays 1100-1200

## Questions?

## MBM Office:

# 619-532-5128