

Wellness@KGI

A time for KGI students, faculty, and staff to slow down from our busy, fast-paced lives and tune into ourselves.

KGI is proud to offer:

- Wellness Wednesdays every Wednesday
- Wellness Workshop every Monday
- Meditation Sundays every Sunday

Wellness Wednesdays*

Alternating between breathwork/
energy healing and yoga

**Wednesdays,
March 18–May 13, 2020**

🕒 12:00–1:00 p.m. PST

kgi.zoom.us/j/819336258

Wellness Workshop

**Mondays,
March 23–April 27, 2020**

🕒 12:00–1:00 p.m. PST

kgi.zoom.us/j/798324997

Meditation Sundays

**Sundays,
March 22–May 10, 2020**

🕒 6:00 p.m. PST

kgi.zoom.us/j/243924004

**Check the Wellness Wednesday listing on the [KGI Events Calendar](#) for the schedule, updated each month.*



About the Wellness@KGI Offerings

Breathwork / Energy Healing / Meditation

- The facilitated meditation will be between 30–40 minutes.
- You will be laying down, so make sure you have a comfortable place available with any blankets, pillows, or other props you might need to be more comfortable.
- We'll start with an intention, grounding into the present moment, and then go from there.

Wellness Workshop

- The Wellness Workshop is meant to promote mental and physical health; it will explore how to be well in complex times.
- The workshop series will cover pillars of lifestyle medicine—stress resilience, connection, nutrition, movement, and sleep—and how to practice self-care to promote health and well-being.
- In addition to education, sessions will include practical strategies for lifestyle management and tips for making health behavior changes.

Yoga

- No experience necessary for this beginner-level instruction.
- Please wear comfortable clothing in which you can move freely. We will begin with a gentle warm up, followed by a series of poses designed to create space in the body, and end with a final resting pose.
- You may find it helpful to have a blanket or pillow nearby to provide assistance.

About the Wellness@KGI Teachers

Melissa Scott, KGI Associate Director of Career Services



Breathwork/energy healing/meditation | Melissa has been in the wellness community since 2012, practicing yoga, meditation, and the like, and breathwork meditation since 2018. She completed training in January 2020, and has since worked with over 100 people and 100 hours of practice.

Christy Billock, KGI Professor and Founding Program Director, Occupational Therapy Program



Workshop | Christy is a Professor and Founding Program Director of KGI's developing Entry-Level Occupational Therapy Doctorate degree. As an occupational therapist and occupational scientist, she brings a unique lens for understanding the complexities of how to live a healthy life. She has taught courses on lifestyle management, wellness, prevention, mental health, and behavioral neuroscience for over twenty years.

Beth Walkenbach, KGI Assistant Director of Corporate Partnerships



Yoga | Beth has been practicing yoga for 11+ years and completed her 200-hour teacher training at Claremont Yoga in June 2018. She enjoys sharing yoga with members of her various communities including Girl Scouts, Claremont-Mudd-Scripps Athletics, and KGI.