

Regular Health Ministries Programs

At Eden, we believe that physical, emotional, and spiritual wellbeing are intertwined. Our Health Ministry team helps members and friends of Eden make the mind-body-spirit connection and achieve a greater sense of balance in their lives. We offer two regularly scheduled Health Ministry-sponsored programs and other occasional special events and classes throughout the year.

Yoga

Our regular yoga class meets on Mondays from 7:00-8:30 pm, in the Jensen Room. Instructor Amanda Sharpe is trained in the Iyengar style of yoga and is adept at teaching all levels of participants, from the most flexible to those with injuries or arthritis. Beginners and newcomers are welcome to attend the class, which runs in regular six-week sessions. The cost is \$12.00 per class, or \$60.00 for the six-week session. Class members are encouraged to bring their own mats, blocks, straps, and blankets, but mats and props are provided for those who don't have their own. For more information about the class, please contact the Office Administrator at office@edenucc.com or 510-582-9533.

Reiki

Reiki is a gentle, non-invasive system of hands-on healing that can be a powerful tool for physical, mental, and spiritual growth. Reiki (a Japanese word that literally means "universal life energy") can be used for stress reduction and relaxation, and many participants feel increased energy, reduction of pain, deep relaxation, and a general feeling of well being during and after Reiki sessions. Our semi-monthly Reiki practice session meets in the Norberg Room on the first Sunday of each month from 2:00 to 4:00 pm and third Wednesday of each month from 7:00 to 9:00 pm. There is no fee to participate. For more information about the class, please contact the Office Administrator at office@edenucc.com or 510-582-9533.