

Whole Health Center Zoom Programs

Spring 2020 Updated Schedule

Dear Friends, Below is our humble contribution to these stationary and separated times. Stepping up to the Zoom plate, we have gradually evolved the following schedule. We hope you may find something here that rings your bell and offers support. All offerings are by Paul Weiss. (All of our live June workshops are postponed till further notice.)

Daily Group Meditation, 7:15-7:45am. Tuesday through Saturday. For those who would like encouragement to maintain a daily mindful practice, or the support of sitting with others. Paul offers some initial and closing words of practice and encouragement; and we otherwise sit quietly together. On Saturdays, the program offers Taoist guided meditations for mind/body healing. (See Below)

Surfing the Inner Web: Taoist Healing Meditations, 7:30-8:10am. Saturdays. A time to honor the body, and to practice meditations that tune us into the organs and the inner web of healing energy; and that support physical and emotional wellness, the immune system, and peace of mind. People may tune in at 7:15 for the first 15 minutes of quiet sitting.

Qigong for Relaxation and Health, 8:00-8:45am. Tuesdays and Thursdays. Beginners and regulars are invited to join for this gentle and flowing exercise that draws on the basics of this ancient practice; strengthening and integrating body, breath, movement, and awareness with the vital and rejuvenating energy field of the body. This very holistic and pleasurable practice offers good support for the heart, lungs and immune system, and general well-being.

Thursday Evening Dharma Talks, 7:00-8:00pm. We may be in an historic moment of reconfiguration, socially and personally. This "pandemic moment" seems to know each of our pressure points, and where to lean in. And our old habits and reactivities are serving us less than ever. Amidst the disconcerting events of the day, how do we rediscover our nourishing reciprocity with life; and find new ways of transforming each moment with consciousness, compassion, joy and presence? These talks will draw on the teachings of many spiritual and wisdom traditions; and on a series of spiritual practice aids that Paul calls "The Mantras of Remembrance."

Jumping the Bones of Poetry, 7:00-7:45pm, Friday evenings. For the pure pleasure and inspiration of poetry well read. Each Friday, Paul will be sharing poems from many authors, known and not so known, international and from our own communities. Poems that are delicious, or read deliciously. Occasionally pausing to unfold the bones of the poem so that we may hear it more clearly. For poetry lovers and haters.

The following zoom link will work for all these events:

<https://zoom.us/j/2495523308?pwd=MlpLS3daRGFyejcvUmRQT3liVGdmQT09>

No charge. Donations welcome.

The Whole Health Center, 162 Gilbert Farm Road, Bar Harbor, Maine 04609

If you have any questions, feel free to contact Paul at 207-288-4128 or info@thewholehealthcenter.org