

In order to register for any of these weekly classes or special workshops, please email Tricia Rasplicka at admin@circleofhopeinc.org 24 hours in advance to reserve your spot. A link for you to join the class will be emailed back to you. You may also call the Circle of Hope office at (661) 254-5218, but please be aware that we not always in the office. All messages left on our voice mail will be returned during business hours, so please leave a message!

If you'd like to sign up for more than one class, please send one email with your name and the classes you'd like to attend. Class sizes are limited, so please make your class reservation early.

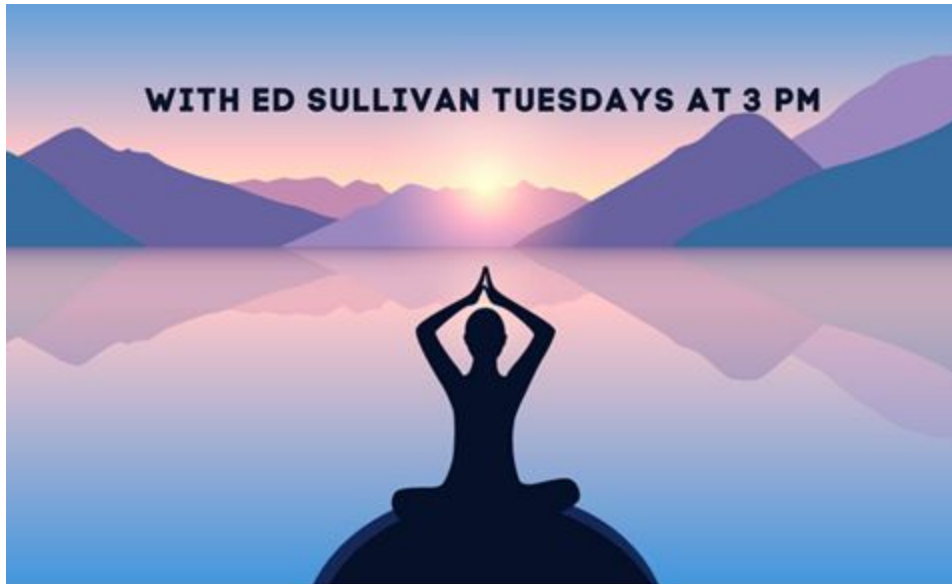
Weekly Yoga with Victoria



Victoria Gluchoski
Tuesdays at 10 AM

Join Victoria from Perseverance Yoga for morning opportunity to stretch and just breathe. Please register to receive the link for this weekly yoga class via Zoom.

Qi Gong and Meditation



QI GONG & MEDITATIONS FOR CANCER SUPPORT



COMBINES POWERFUL
MEDITATIONS & EXERCISES

Ed Sullivan, M.A. - Certified InfiniChi Qigong Practitioner & Teacher



Ed Sullivan
Tuesdays at 3 PM

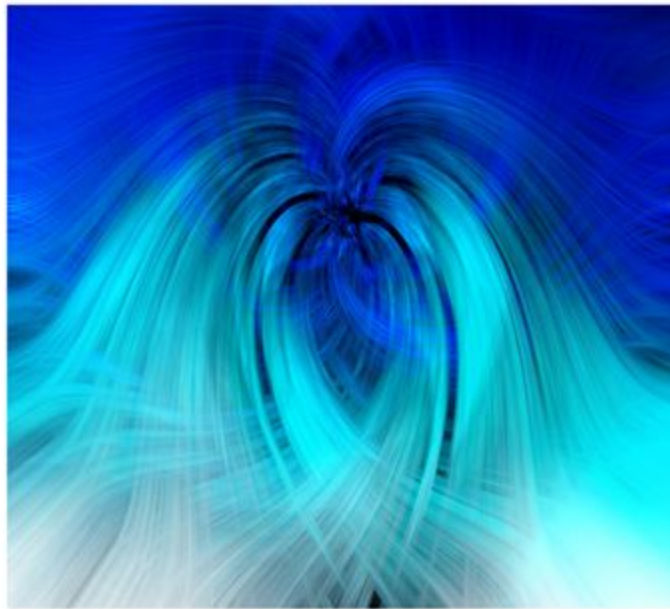
Qi Gong & Meditation for Cancer Support combines exercises and powerful meditations to help your body restore and maintain your health. It can also reduce side-effects caused by chemotherapy and radiation, including fatigue, "brain fog," anxiety, digestive discomforts and numbness or tingling in your hands and feet.

This practice can be done in a seated position. Please register to receive the link for this weekly guided journey.

Guided Imagery

with Cheryl O'Neil, C.Ht.

Connect Within to Guides and Angels
Wednesdays at 1:15 PM



Cheryl O'Neil

Wednesdays at 1:15 PM

Join Cheryl for a new theme this month - Discovering Universal Symbol Images and how they assist for well being. Classes will be held on August on the 12, 19, and 26th only. Angels and other guides positively assist, advise, help, support, relieve, strengthen and more! Please register to receive the weekly link for this guided journey.

Yoga With Yovanni



Yovanni Moran

Saturdays at 1:15 PM

Join Yovanni for online yoga via Zoom on Saturdays. This popular exercise helps relieve anxiety and promotes better sleep. Please register to receive a link for the weekly class.

Navigating Cancer During COVID-19

Talk & Q&A

Dr. Leslie E. Botnick, M.D.
Tuesday Aug. 25, 2020 5:30 PM



Dr. Leslie E. Botnick, M.D.
Tuesday, August 25 at 5:30 PM

Join Dr. Botnick from City of Hope for an informative discussion on how to navigate cancer during a pandemic. There will be an opportunity to ask your questions.

Be sure to register early to reserve your space for this timely chat.

Beauty Bus Virtual Pop Up Salon



Beauty Bus returns to WeSPARK for a Virtual Pop-Up Salon. Join beauty professionals for an hour-long interactive tutorial on-at-home hydrating facials.

There's limited spots available, so please register soon to secure your spot.

The date and time are coming soon, so watch for an updated message.