

WHOLE HEALTH OUTPATIENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 am Mindfulness Webex Only	8:30am Walking Group in-person only Stephans Lake	9:00 am Whole Health 101 3rd Wednesday - In Person Patient Education Center/A138	10:00 am Chair Yoga In Person & Webex Patient Education Center/A138	7:30 am Sunrise Qigong Webex & In Person Patient Education Center/A138	10:00 am Tai Chi 2nd & 4th Saturday VVC Only
12:00 pm Sound Bath In Person 2nd and 4th only Patient Education Center/A138	Columbia Mall/Café Court Winter and bad weather 11:30 am Beginner Yoga	11:00 am Tai Chi Adv In Person & Webex Patient Education Center/A138	10:30 am Breathing Yoga In Person Only Patient Education Center/A138	9:00 am Whole Health 101 1st Friday -In Person In Person Patient Education Center/A138	
1:30 pm Seated Exercise Webex & In Person Patient Education Center/A138	Webex & In Person Patient Education Center/A138 1:00-4:00 Wellbeing	1:00 pm Restorative/ Rest and Recovery Yoga In Person and Webex	3:00 pm Tai Chi Firley YMCA Jefferson City	11:00 am Chair Chi In Person & Webex	
2:30 pm Irest Yoga Webex & In Person Patient Education Center/A138	Assessment 1-2 in-person 2-3 Phone 3-4 VVC	Patient Education Center/A138 2:00 pm Spirit & Soul Group 1st Wednesday ONLY In Person	5:00 pm Taking Charge of My Life and Health Webex & In Person Firley YMCA Jefferson City	Patient Education Center/A138 12:30 pm Whole Health 101 2nd & 4th Friday - VVC	
2:30 pm Taking Charge of My Life and Health In Person Only Patient Education Center/A138 Starts 9/29	Patient Education Center/A138 3:30 pm Nada Auricular BFA Acupuncture (co-pay possible) In Person	Patient Education Center/A138 3:45 pm Yoga Intermediate Webex & In Person Patient Education Center/A138	5:00 pm Yoga Flow Webex & In Person Patient Education Center/A138	1:00 pm Tai Chi Intro Webex & In Person Patient Education Center/A138	
4:30 pm Whole Health 101 1st MONDAY ONLY VVC Only Patient Education Center/A138	Patient Education Center/A138 5:00 pm YogaBarre In-Person and Webex Patient Education Center/A138	Patient Education Center/A138 4:30 pm Whole Health 101 1st Wednesday ONLY In Person Only Patient Education Center/A138		3:00pm Warriors Yoga In person and VVC Patient Education Center/A138	
				*Reiki, Biofield, and Biofeedback are available. Please contact us for current availability.	
				Version 2024.1 Updated 10/23/25	

Please contact Whole Health with scheduling appointments, questions or to obtain VVC/Webex links.

573-814-6273

CLASS / INTERVENTION	DESCRIPTION
Biofeedback	Biofeedback is a process that uses your body's own signals like heart rate and/or body temperature to bring about healthy changes. Using a two-step process, biofeedback can help you relax and reduce your stress. Clinical biofeedback involves interaction between a provider, a client, and a machine/device providing feedback from body-derived signals.
Biofield	Biofield therapies are non-invasive practitioner-mediated therapies that work with the biofield of both practitioner and client to invoke healing response in client.
Healing Touch	Healing Touch is classified by National Institutes of Health as biofield therapy. It contains a group of standardized, noninvasive techniques. It is safe and works in harmony with standard medical care.
Mantram	Mantram repetition encourages the integration of one's spiritual beliefs into a portable, mindful practice for stress reduction, focused attention, increased awareness and mental clarity.
Meditation	Meditation is a defined practice or technique that primarily focuses on training attention regulation processes, with the intent of cultivating general mental well-being and/or specific capacities such as concentration, compassion or insight.
Mindfulness	Mindfulness is an intentional and non-judgmental awareness of the present moment. It is a type of meditation based on the concept of being mindful or having increased awareness, of the present.
Rest & Recovery Yoga	Focusing on breathing (pranayama) and gentle stretching. Incorporates a lot of yin-style yoga poses. A Yin yoga class consists of a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. It targets your deep connective tissues, like your fascia, ligaments, joints, and bones. The poses are held for 3-5 minutes.
Reiki	Reiki is a safe, gentle, nonintrusive technique that fosters wellness by promoting relaxation and stress reduction.
Seated Exercise	Seated exercise class offers exercises focusing on stretches, ROM, strength training, and balance. Exercises focus on balance and weight shifting, ROM, strength and endurance. Throughout treatment
Taking Charge of My Life and Health	This class is designed to Veterans a chance to reflect on what really matters to them and what they want their health for. In addition, Veterans are encouraged to chose and area of their life that they want to enhance and develop a plan carrying out their goals and actions.
Tai Chi	Tai Chi is a mind-body exercise combining slow-flowing intentional movements with breathing, awareness and visualization. Rooted in the Asian traditions of martial arts, Chinese medicine and philosophy, Tai chi enhances relaxation, vitality, focus, posture, balance, strength, flexibility, and mood.
Qigong	Qigong is an ancient Chinese healing art, older than, and similar to tai chi, with a focus of cultivating the body's vital energy or qi. It involves the coordination of the breath, posture, awareness, visualization and focused movements. Qigong may be a stationary or moving meditation.
Yoga	Yoga is a mind and body practice with origins in ancient Indian philosophy. The various styles of yoga typically combine physical postures, breathing techniques, meditation or relaxation, and discussion on applications to daily life.