



WELLNESS WEEK at the WILLOWS

2026 CLASS SCHEDULE

MONDAY, APRIL 20TH

10:00 AM | *Preventing Heart Disease in Women: What Every Woman Should Know* with Main Line Health

Join Abby Riley, RN, BSN from Main Line Health for an educational lecture about heart disease prevention for women.

11:00 AM | *Let's Go to the Beach: A guided meditation for stress reduction and relaxation* with Brynn Cicippio, LMFT, Owner of BCA Therapy

Meditation has long been a cornerstone for stress management and stress reduction. In addition to the mental wellness benefits, meditation has also been proven to lower cortisol levels, decrease heart rate, and lower blood pressure, proving it not only a powerful tool for mental health but physical health as well.

1:00 PM | *The Spring Reset: A Mindful Writing Practice for Clarity and Renewal* with Lauren Kaskiel from Born on a Saturday

This guided, interactive writing workshop will help participants slow down, clear mental clutter, and reconnect with themselves through reflection. This is not a lecture — it's a fully participatory experience, including grounding exercises, writing prompts, and reflection.

2:00 PM | *Yin Yoga for Relaxation* with Verge Yoga Center

Join Verge Yoga Center to relax with a slow-paced and meditative Yin Yoga class. All levels welcome.

5:30 PM | *Introductory Belly Dance* with Amalia Belly Dance

Rooted in the rich traditions of the Middle East, North Africa, and the Mediterranean, belly dance is one of the world's oldest movement practices. This gentle introductory class explores the rhythms and movements of this beautiful dance form as a pathway to poise and presence. All ages, sizes, abilities welcome, no experience required.

6:30 PM | *Gentle Yoga Flow* with Mae Doemling, Yoga Instructor

Join yoga instructor Mae Doemling for a calming yoga class that connects the body and mind by moving with our breath.

All classes will take place at **The Willows Mansion**
490 Darby Paoli Road, Villanova, PA 19085
Questions? Email info@willowsparkpreserve.org

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WELLNESS WEEK at the WILLOWS

2026 CLASS SCHEDULE

TUESDAY, APRIL 21ST

10:00 AM | *Move and Meditate* with Verge Yoga Center

Join Verge Yoga Center for a relaxing movement and meditation class. All levels welcome.

11:00 AM | *The Stretch Room*® with The Pollard Collective

There are many benefits associated with stretching, including increased flexibility, improved range of motion, stress release, and a calm mind. Join Simone Pollard for the ultimate stretching experience. Stretch sessions are inclusive and can be experienced by individuals of varying mobilities, flexibilities and ranges of motion.

1:00 PM | *Vibes Over Reps - A Wellness Experience* with AFC Fitness

Join instructors Samantha Borzillo and Mariana Gutierrez-Pagan from AFC Fitness for a fun, laid back, workout involving full-body, low-impact movement paired with light resistance bands. No additional equipment needed, but guests may bring a mat if they wish.

2:00 PM | *Nutrition: Fighting Cancer with a Knife and Fork* with Main Line Health

Join Carolyn Farhy, MS, RDN, LDN from Main Line Health for an educational discussion about the role of evidence-based nutrition in cancer survivorship and prevention.

5:30 PM | *Activation and How Can It Help You Elevate Your Health* with Paula Fallon Wellness & Activation

What if the key to better health wasn't simply adding more supplements—but activating powerful systems already built into your body? In this educational session, integrative wellness advocate Paula Fallon will explore the science of activation—an emerging approach in nutrigenomics that supports the body's natural ability to protect, repair, and optimize itself at the cellular level. Participants will learn how oxidative stress impacts aging and overall health, why traditional supplementation often falls short, and how certain plant compounds can activate the body's own protective pathways to help improve energy, resilience, and long-term wellness.

6:30 PM | *Level Up Your Mental Game* with Next Level Mental Performance

Athletes of today are constantly pushing themselves to meet the growing demands of competing at the highest level, but so many athletes feel lost when it comes to training their mental game. Whether you're navigating performance anxiety, managing confidence, or looking to unlock your potential- we've got the team for you. Meet with our team of mental performance coaches and sport psychology professionals for this demonstration in mental performance skills and a q&a for parents, coaches, and athletes.

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2026 CLASS SCHEDULE

WEDNESDAY, APRIL 22ND

10:00 AM | *Longevity & Health Made Simple: The Biohacking Basics That Actually Work* with Dr. Danielle Gray from Restore Health & Longevity Center

In a world full of wellness trends and biohacking tools, it's easy to feel overwhelmed about what actually matters for your health. This talk simplifies longevity and health into practical, science-backed habits you can start right away—no extremes required.

11:00 AM | *Finding Calm in the Storm: An overview on Trauma and how to cultivate health and wellbeing in challenging seasons* with Growth Minded Counseling

This talk by Cara Dixon, LPC, NCC from Growth Minded Counseling will provide psychoeducation on our nervous system, neurobiology of the brain, and an open discussion on various coping strategies that may be used to manage stress. Participants will learn to differentiate between adaptive and maladaptive coping, and understand how maladaptive coping develops, serves a function as a survival response, but can perpetuate patterns of ongoing dysregulation.

1:00 PM | *Stress Management in the Workplace* with Journey To Yourself Consulting

In today's fast-paced work environment, the ability to work effectively in teams, hold oneself accountable, and manage stress is essential for both individual and organizational success. In this interactive workshop, Jessica from Journey to Yourself consulting—a speaker, stress management health educator, and public health professional—shares practical strategies to help you manage stress, enhance self-awareness, and develop leadership habits that create lasting impact.

2:00 PM | *Feng Shui and Spiritual Space Clearing* with Sheri DeMaris

Feng Shui and spiritual space clearing are ancient yet practical approaches to creating environments that support balance, clarity, and well-being. The practice focuses on arranging physical spaces—such as furniture, colors, and pathways—to optimize the flow of energy, or chi, while spiritual space clearing addresses the subtle, energetic residue left by emotions, experiences, or prolonged stress. *(Please bring a drawing of two rooms in your home you would like to practice on during the presentation)*

5:30 PM | *Earth Day Yoga for Little Sprouts!* with Erin Park and Emily Thomas

Celebrate our planet through play! This Earth Day-themed yoga adventure is perfect for ages 3–6, focusing on nature-inspired poses, and mindful storytelling. Kids will stretch like trees and bloom like flowers as they learn to love our home, the Earth. We do ask that caregivers stay with their children for this class.

6:30 PM | *Bodyweight Bootcamp* with Steel Fitness Main Line

Join our expert personal trainer Lauren Todaro for a dynamic, full-body exercise circuit designed to improve functional strength and energy levels. All fitness levels welcome!

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