

Produced by the  
Board of Directors of  
the Muir Woods Park  
Community  
Association

Spring 2021

## SPECIAL LOOKOUT EDITION FEATURES HEALTH AND WELLBEING EVENTS AT MWPCA CLUBHOUSE

### *Chipper Days, Too*

How many of us have felt a sense of gratitude for living on Mt Tam these past months during the Pandemic? The clean air, foliage and trails have been a salve throughout these difficult times, and those who are able to hike can enjoy wide vistas outside of our living spaces. We are also lucky to have people in our area who practice health and wellness. To celebrate the reopening of the clubhouse, following strict Marin County and CDC guidelines, we are offering a series of weekly classes led by local professionals that support and encourage your well-being. All fees collected will be shared with the MWPCA.



### Jacqueline Besse - Yoga

Enjoy a steady paced Vinyasa class for all levels. This class offers a breath-synchronized series of poses that move between flowing and longer held poses to build stamina and strength. Modifications will be offered for both the beginner and advanced practitioner.

Class Start Date in June - Contact Jacqueline

Indoors/Outdoors

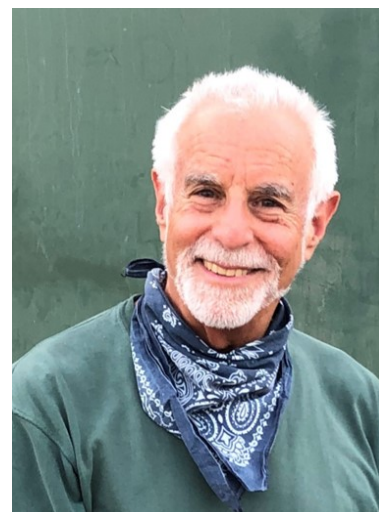
BYO Mat/By Donation\* | [jacqueline.malan@gmail.com](mailto:jacqueline.malan@gmail.com)

### Invitation to Awareness Liberation with G. Mark Spittlany

Experience moments of deep inner peace and stillness via meditation practice. Find a way to wisdom and harmonious living by exploring the insightful teachings of Eckhart Tolle. In this series you will come to realize your deeper true nature and connection to the eternal source. Know the joy of being. Be the joy of knowing. Starts May 6

Indoors | Thursdays 7:30 - 9:00 pm | By Donation\*

[lawarenessliberation.com](http://lawarenessliberation.com)



### Mobility and Strength Training by Headlands Fitness

Fun, safe and engaging fitness classes for ages 12 and up, outdoors at the Clubhouse. Focus on getting a full body workout by building



muscle, burning calories and gaining mobility. Circuit training assures a solid workout so you feel leave the class feeling energized and strong. Starts May 3 Mondays and Wednesdays 4:00 - 5:00p | \$20 per class  
Outdoors BYO Mats, weights and exercise bands  
headlandsfitness@gmail.com

**Guided Meditation with Olivia Ann O'Day** Learn to cultivate inner awareness and create clarity within your heart with this weekly vipassana meditation and dharma talk class. Discover the identity of your true self. Each session includes a 20-30 minute meditation and short dharma talk and discussion. Starts May 5 | Wednesdays 6:00 - 7:30 pm By Donation\* Indoors | BYO mat, pillow, blanket and bolster  
[Oliviaannoday.com](http://Oliviaannoday.com)



\*Donations greatly appreciated. \$20 suggested, but please pay what feels right to you. Any amount you pay will be received with gratitude and shared between the practitioner and the MWPCA.

**FREE Chipper Days** Firesafe Marin is hosting two free Chipper Days, May 17th and August 17th. Details for our neighborhood will be shared on [our website](#) and here: [www.chipperday.com/marin](http://www.chipperday.com/marin)

## Available Services and Emergency Contacts

While not complete, below please find a list of services available at this time for emergencies and services and for items that can be delivered to your home. Often these delivery services require membership or fees. Also listed are our local emergency agencies. Remember, 911 is always the best number to dial in an emergency.

### Emergency & County Services

- 911
- [Marin County Sheriff](#)
- [Nixle Alerts](#)
- [Alert Marin](#)
- [Marin County Health & Human Services](#)
- [Marin County Fire Department](#)
- [Mental Health Services](#)
- [Aging & Adult Assistance](#)

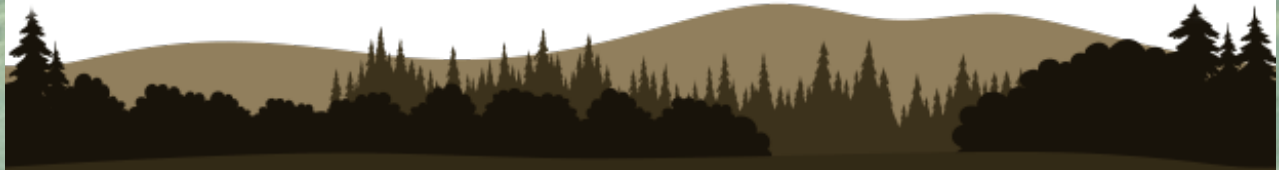
### Delivery Services

- Amazon Prime (Membership Required)
- Whole Foods delivery via Amazon Prime
- Instacart
- Safeway.com
- [Good Eggs](#)
- [FarmFreshToYou](#)
- [TaskRabbit](#) (Various services)



- [Food Resources](#)
- [MWPCA Board of Directors](#)

- [Caviar and Uber Eats](#)
- [Meals on Wheels](#)



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