



Course Title: How to Enhance Your Vitality, A Scientific, Social and Spiritual Approach

Course Code: WELL 15

Instructor: Allan Mishra, MD

Course Summary:

Has anyone ever taught you how to be vital?

The goal of the course is to enhance your physical, mental, social and spiritual well-being. Together, we will learn why vitality is a skill, how to execute on your peak purpose in life and how to stockpile health among several other topics.

This course has been taught for several years and participants consistently report significant improvements in their vitality. The lessons and assignments are based on published scientific literature.

**Please see course page for full description and additional details.*

Grade Options and Requirements:

Due to its short format, this workshop may not be taken for Credit or a Letter Grade. If you require proof of participation, your instructor will have Certificates of Attendance available. Please see the instructor at the end of the class. The Continuing Studies office does not issue these certificates after the workshop.

Zoom Schedule*:

Wednesdays, 7:00-8:30 pm (PT), 4 weeks, October 27th - November 17th

**The live video sessions are recorded.*

Tentative Weekly Outline:

Week One: *How to Pinpoint Your Peak Purpose and Dare Greatly*

Week Two: *How to Think with Time in Mind and Optimize Your Sleep*

Week Three: *How to Stockpile Health and Live at Your Ideal Weight*

Week Four: *How to Cultivate Closeness and Live Your Most Vital Life*

The *Vitality Essentials* Course Book will be utilized to build a personalized *Vitality Action Plan* during the course.

Dr. Mishra will help each student individually optimize their vitality. The goal is to help all students live their best possible life.

Please contact the Stanford Continuing Studies office with any questions
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