

All Sessions

| Location | Start Time | End Time | Session/Class Name | Instructor | Duration | Session Description |
|--------------|------------|----------|---|----------------------|----------|--|
| Harmony Hall | 8:30 AM | 9:30 AM | Qigong | Ruthie Hill | 1h | Qigong -pronounced "chee gung,"- is an Integrative Exercise Practice consisting of Gentle stretching & flowing movements synchronized with breathing techniques that activate the body's "Qi"; Internal Energy for rejuvenation & healing. –An ancient practice for body, mind, and spirit. |
| Harmony Hall | 10:00 AM | 11:30 AM | 5Rhythms® Moving with the Breath/ Stillness Exploration | Karen Chapman | 1h 30m | The invitation for this 5Rhythms® Class is to explore different ways of breathing while in Motion. The breath gives us life and sends oxygen to various parts of our body. It fills up our lungs and gives us energy, or it can calm us down. We move to the Maps created by Gabrielle Roth which are Flowing, Staccato, Chaos, Lyrical and Stillness. We use these Rhythms as our guides for movement. There is no dance experience required, just have a curiosity in movement of the body! See ya on the dance floor, Karen! |
| Harmony Hall | 12:00 PM | 1:00 PM | Chair Yoga | Cynthia Haas | 1h | A class designed to assist those for whom practicing in a chair or beside a chair is more desirable or practical. The class starts with a seated warm-up, and then participants repeat the sequence seated, or choose to stand beside the chair for the sequence. Come help us dismiss the stigma of chair yoga as being less than a mat workout! |
| Harmony Hall | 1:30 PM | 2:30 PM | Cacao Ceremony | Meredith Marie Young | 1h | Join Meredith Young for a transformative Cacao Ceremony! An ancient ritual that offers deep connection to Nature, yourself and others. We will sit in a heartfelt circle, intentionally sipping chocolate in its purest & rawest form. Then take a journey through light breath work & mindful movement, ending in a relaxing meditation with sand bag eye pillows. Your heart will thank you! Class size is limited to 30. |
| Harmony Hall | 3:00 PM | 4:00 PM | Practicing from the Heart | Lynette Barker | 1h | Class will be a buildable dynamic flow appropriate for all levels and open to those with a curious and open heart wishing to explore connection to breath body and community through movement. Movement offered will be both static and fluid with options offered so that the practitioner may pick the experience that suits them at the moment. LGBTQ+ |
| Harmony Hall | 4:30 PM | 6:00 PM | Reiki and Restore | Kellie Allie | 1h 30m | Experience a tranquil blend of restorative yoga and the healing power of Reiki as we embark on a journey to restore both body and soul. This class takes place entirely on the mat, with postures held for 4-7 minutes and supported by a variety of props, culminating in an extended savasana. Suitable for all levels, this restful practice promises to revitalize and rejuvenate the body. Reiki, originating from Japan, is a form of energy healing that promotes emotional and physical well-being. With gentle touch and the optional use of crystals, this practice aims to support healing with the student's permission. Prepare to enter a state of deep relaxation that your body craves |