

Inner Wizdom Dragon Spirit Events for 2022

Yoga Events			
Date	Time	Event	Cost
Thursdays	9am—10am	Zoom Yoga Class	\$15 per class
4/9	9am—10:30am	In person Yoga class	\$25
4/16	9:30am—12:30pm	Yoga and Lunch	\$50
5/14	9am—10:30am	In person Yoga class	\$25
5/21	9am-4PM	Yoga Retreat	\$100
6/11	9am—10:30am	In person Yoga class	\$25
6/18	9:30am—12:30pm	Yoga and Lunch	\$50
9/17	9am-4PM	Yoga Retreat	\$100

Other Events			
Date	Time	Event	Cost
3/26	10am—1pm	Community Road Cleanup	Free
7/16	9am-11:30am	Ghee Workshop	\$80
8/20	9am—10:30	Reiki Circle	Contributions Welcome
9/3	4pm-6pm	Drum Circle	Free
10/1	9am-4PM	Mindfulness wellness day	\$100
10/22	1pm—2:30	Sound Healing	\$30
10/29	10am—1pm	Community Road Cleanup	Free
11/4	9am—4pm	Massage Therapist CE Class	\$350

This is a list of the schedule classes and events we have as of 1/1/2022. If you are interested in signing up or registering for them, you can do so on our website: www.DragonTracks.net or we have paper copies that you can use, if you would rather do so manually. Just ask us in person, or text or call (518) 248-7220. There are descriptions of each event on the website also.

We hope you can join us!

All in-person events will be at:

5104 Double Bridges Rd, Meherrin, VA 23954