



# Inner Wisdom Dragon Spirit

## 2022 Workshops and Classes

The following is a listing of the classes and workshops being offered in 2022. For updates, new offerings, or to register online, please go to our website: [www.DragonTracks.net](http://www.DragonTracks.net)

### Chair Yoga Class on Zoom Every Thursday at 9am – 10am

Zoom Meeting ID: 974 8854 4206 Password: 4life

A Mindful Motion Gentle Stretching Chair Yoga Class takes place each Thursday from 9-10 EST. We will practice centering, breathing, movements addressing the health of the spine and muscles of the body, and conclude with techniques that tap into the integration of the mind, body, and Spirit. Attend one class or all of them. Cost: \$15 per class.

### Mindful Motion Floor/Mat Yoga Saturdays: 4/9, 5/14, 6/11 at 9:00am – 10:30am

Small classes geared toward the students and their needs. An excellent experience for beginners or seasoned students. It is suggested that you wear loose, comfortable clothes. Please bring a mask and a yoga mat. Our class intention is to learn and experience techniques, tools, practices, and postures designed to alleviate stress and muscle tension, calm the nervous system, promote relaxation, and help you to be mindfully present. Cost: \$25 per class.

### Yoga & Lunch Event Saturdays: 4/16, 6/18 at 9:30am – 12:30pm

Our 1.5 hr. Mindful Motion Yoga class will be held in a beautiful outdoor setting, will be followed by a nourishing vegetarian lunch made with love and healing ingredients of the Yogic tradition (Ayurveda) in harmony with the season. We will enjoy lunch in community in the heart of nature. Please bring a mask, a yoga mat, and a blanket that could be rolled up to sit on or cover you during relaxation. Dress in comfy loose clothing for this outdoor experience. An opportunity to unwind, connect, receive nourishment, and feel the integration of our mind, body, and Spirit! Every Body can do yoga! Cost: \$50 per person

### Yoga & Wellness Retreat Saturday, May 21, 2022, at 9am – 4pm

Our retreat will be held in a beautiful setting and will immerse you in the Spirit of our practice. Please bring a mask and appropriate comfy clothing for time spent in the outdoors. This is an opportunity to unwind, connect, and feel the integration of our minds, body, and Spirit in connection with nature! Vegetarian Lunch prepared for you with much Love, and refreshments will be available. Cost: \$100 per person

### Community Road Clean-up Saturdays: March 26 and October 29, 2022, at 10am – 1pm

Adopt A Road Clean-Up- Join us in two-community events we come together in Spring and Autumn to remove litter to maintain the beauty of 2 miles on Double Bridges Road. After we are done, we will get a chance to celebrate together at our potluck! A Community Service Event. Please bring work gloves and water, wear sturdy shoes/boots, and bring a dish to share.

### Ghee Making workshop Saturday, July 16, 2022, at 9:00am – 11:30am

Make and Take! Make-It & Take-It Workshops- Learn how to make ghee (clarified butter- the essence or oil of butter) and learn about how it is a healthy and beneficial addition to your favorite foods. Instruction and Supplies included. This is an indoor Workshop. Cost: \$80

### Reiki Circle Saturday, Saturday August 20, 2022, at 9:00 – 10:30am

Reiki Circle: Restore, Renew, and Rejuvenate! Are you tired, stressed and needing a rest? Join us for this energetic reboot. Reiki, or energy healing work is a way to direct the energy of the heart and hands to aid areas in need. No charge - but contributions are welcome!

### Drum Circle Sat, Saturday September 3, 2022, at 4pm – 6pm

Everyone is welcome - no skill or experience needed. Bring a drum or another percussion instrument if you have one. Or just 2 sticks! Come and join the community to relax and have fun together! No charge - but contributions are welcome!

### Mindfulness Wellness Day Saturday, October 1, 2022, at 9am – 4pm

Mindfulness, Self-Care & Wellness Day- Learn and experience tools, tips and practices that will offer ways to care for your mind, body, and Spirit. An opportunity to rest, restore and renew and connect! Lunch will be available. Cost: \$100 per person

### Vibrational Sound Healing Experience Saturday, October 22, 2022 at 1:00 – 2:30pm

Did you know that we are made mostly of fluid? Our solid form is deceiving. Tension and dis-ease can be eliminated by exposure to sound waves. Specific frequencies can calm the mind. Putting sound and frequency together creates a sound mixture that helps to alleviate stress and tension and helps to produce a calming effect on the mind. No charge - but contributions are welcome!

### Massage CE Class – Targeted Deep Tissue (TDT) Basic Upper Body

Saturday, Nov 5, 2022, at 9am – 4:30pm

This is a class for continuing education units for Massage Therapists. This is the first of 4 in a series - Targeted Deep Tissue: Upper Body Basics. To enroll, or for more information, please call or text Ruth at 518-256-4933. Cost \$300

All in person classes will be held at:

5104 Double Bridges Rd, Meherrin, VA 23954

[www.DragonTracks.net](http://www.DragonTracks.net)

Phone or text: Debbie (518) 248-7220 or Ruth (518) 256-4933

Email: [massage@dragontracks.net](mailto:massage@dragontracks.net)

#### Event Cancellation Policy:

- Paid events require payment in full to reserve a spot upon registration.
- If you need to cancel more than 1 week in advance, you will receive a full refund, minus a \$5 processing fee.
- If you cancel less than a week, but more than 24 hours in advance, you will receive a refund of 1/2 of the cost.
- If you cancel less than 24 hours, or do not attend, you will not receive a refund.