



Inner Wisdom Dragon Spirit

2023 Events at Heart Land!

[Chair Yoga Class on Zoom Every Thursday at 8:30am – 10am](#)

Zoom Meeting ID: 974 8854 4206 Password: 4life

A Mindful Motion Gentle Stretching Chair Yoga Class takes place each Thursday from 8:30-9:30am (EST) for beginners and 9am to 10am (EST) for more experienced students. 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. Cost: \$15 per class.

[Community Road Clean-up: Saturday, March 18, 2023 & November 4, 2023 10am – 1pm](#)

Join us for our Adopt A Road Clean-Up as we come together to remove litter to maintain the beauty of two miles on Double Bridges Road. We will break into teams and head out from Heart Land. There is no telling what you may find!!! After we are done, we will get a chance to celebrate together at our potluck – please bring a dish to share! Bring work gloves, water, and wear sturdy shoes/boots.

[Reiki Level 1 Training: Saturday, March 25, 2023, at 10am – 4pm \(*Register ahead!\)](#)

Reiki (Ray-ki) is a method of de-stressing the body and mind for optimal health and wellness. Level one empowers us in self-care. You will learn to ease your headaches, joint pain, stomach issues and other aches and pains using various hand positions to promote the flow of energy in your body. This training uses the Usui method based on the teachings of Dr. Usui, a Japanese Reiki Master. Please bring a lunch and light refreshments will be served. Cost: \$100 per person

[Tent Raising: Saturday, April 15, 2023, at 10am – 1pm \(Rain date 4/22\)](#)

Come help us raise a wedding tent that we will be using for events at Heart Land! All hands and hearts are welcome, and we will offer lunch to all our volunteers! Please bring work gloves and water, and wear sturdy shoes.

[Yoga & Lunch Event: Saturday, June 17, 2023, at 9:00am – 12:30pm \(*Register ahead!\)](#)

Our Mindful Motion Yoga class will be held in a beautiful outdoor setting, 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 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

[Mindfulness Morning & Lunch: Saturday, August 5, 2023, at 9am – 12:30pm \(*Register ahead!\)](#)

Mindfulness, Walks, Movement, Self-Care, Wellness, & Lunch! Learn and experience tools, tips and practices that will offer ways to care for your mind, body, and Spirit. An opportunity to rest, restore, renew, and connect! Lunch will be a healthy, tasty, vegetarian feast. Cost: \$50 per person

[Drum Circle Saturday, September 2, 2023, 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 and contributions are welcome!

Folk Music Concert Saturday, September 30, 2023, at 4pm – 6pm

Come meet and listen to Elaine Silver! Elaine has a voice and spirit that opens hearts and soothes the soul. She is a multi-faceted singer & songwriter that we have followed and enjoyed for years. We invite you to join us for an amazing concert that will lift your spirits and bless our community. You can check out her website at: elainesilver.com Cost: \$20 per person

*To register and pay online, one week before event, please go to our website: www.DragonTracks.net

This will hold your place and help us to prepare for the event.

For free events please call or text (518) 248-7220 to let us know you are joining us.

All in person events will be held at:

5104 Double Bridges Rd, Meherrin, VA 23954

www.DragonTracks.net

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

Email: massage@dragontracks.net