



# Inner Wisdom Dragon Spirit

## 2024 Events at Heart Land!

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

A Mindful Motion Gentle Stretching Chair Yoga Class takes place each Thursday 9am to 10am (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. Cost: \$15 per class.

### Community Road Clean-up: Saturday, March 23, 2024 & September 28, 2024 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.

### Finding your energy balance: Saturday, June 29, 2024, at 9:00am – 12:00pm

Come learn self-care techniques and energy work to have a healthy and balanced body. An easy guide to the science used by shiatsu and acupuncture. We will explore energy elements, colors, foods, aromas and movements that will support and promote good health and well-being. \$35 per person.

### Autumn Equinox Concert and Celebration: Sunday, September 22, 2024, at 4pm – 6pm

Come celebrate the harvest with music, stories, and community. Bring a dish to share for a potluck, and a comfortable chair to relax in. No charge and contributions are welcome!

### Community Connections: Sundays, 9/29, 10/13, 11/10 Join our 3-part series and become empowered in your health and wellness.

- Mindfulness through movement, meditation, and guided wellness practices: 1pm – 2pm

Given the right conditions our bodies flourish and heal. Through intentional movement, breath work, and by working with our thoughts, we can become integrated and whole.

- Reiki Circle: 2:30pm – 3:30pm

Together we will create a relaxed and safe space to practice and receive the calmness and intentions of love and light. Practitioners, students, and newcomers are welcome!

### Winter Solstice Celebration: Saturday, December 21, 2024, at 4pm – 6:30pm

Come celebrate the longest night of the year! Bring a dish to share for a potluck, and a comfortable chair and slippers to relax in. No charge and contributions are welcome!

Please call or text (518) 248-7220 to let us know you are joining us.

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

All in person events are 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)



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