



# 2025 Events at Heart Space!

## Chair Yoga Class on Zoom Every Thursday from 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. Your first class is free!

## Taichi for Wellness Class In-person Every Tuesday from 10am – 11am (Starting April 8, 2025)

A Mindful Motion Taichi Class takes place each Tuesday, 10am to 11am (EST). We will practice gentle traditional movements that help to restore balance, energy, and flexibility in a safe, fun way. Every BODY can do it! Classes will be held in the outside pavilion in good weather and in the indoor classroom when needed. Cost: \$15 per class.

## Community Road Clean-up & Potluck: Saturday, April 19 & September 13, 2025, 10am – 1:00pm

Join us for our Adopt-A-Road Clean-Up as we team up together to remove litter and maintain the beauty of two miles on Double Bridges Road. We will meet at 5104 Double Bridges Rd, Meherrin. Please drive up the hill and park at the pavilion. We will break into two teams, each doing one mile out and back. After we are done, we will get a chance to visit together & celebrate with a potluck at our outdoor pavilion—please bring a lawn chair & a dish to share! Please bring work gloves, water, and wear sturdy shoes or boots. We supply safety vests, bags, and grabbers.

## Community Reiki Circle: Saturday July 26 & September 20, 2025, 10am – 11:30am

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

## Finding your energy balance: Saturday, August 2, 2025, at 9:00am – Noon

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.

## Community Harvest Celebration and Concert: Saturday, October 4, 2024, at Noon – 4pm

Join us as we celebrate the season of 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!

## Wellness Sundays (\$15 per class, \$35 Cooking & Lunch) Come to one or come to all!

- 5/18: **Yoga 10-11, Taichi 11-Noon, Healthy cooking and Lunch Noon-3**
- 6/22: **Yoga 10-11, Taichi 11- Noon**
- 7/20: **Yoga 10-11, Taichi 11- Noon**
- 8/17: **Yoga 10-11, Taichi 11- Noon, Healthy cooking and Lunch Noon-3**
- 9/21: **Yoga 10-11, Taichi 11- Noon**
- 10/19: **Yoga 10-11, Taichi 11- Noon, Healthy cooking and Lunch Noon-3**

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

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

Website: [www.DragonTracks.net](http://www.DragonTracks.net) Email: [massage@dragontracks.net](mailto:massage@dragontracks.net)