# Classes

**No experience needed—just an open mind and a desire to relax**

**Classes and events are donation based**

**Come as you are. Leave feeling connected, clear, and ready for the week ahead.**

## Saturday 11/1, 11/22 & 11/29

**Morning Zen: 10 am**

Begin your day with calm, clarity, and balance. This is a gentle, all-levels class that blends breathwork, sound healing, somatic movement, and guided meditation to awaken your body, center your mind, and set a peaceful tone for the day ahead. Through intentional movement and deep relaxation, you'll release tension, cultivate presence, and step into your morning with renewed energy and ease**.**

# Sunday 11/23 & 11/30

**Morning Alchemy: 10 am**

A gentle but powerful way to start your day—no movement, just breath, sound, and energy clearing. Through guided breathwork, aura cleansing, and sound healing, we reset the nervous system, protect your energy, and help you align with peace and clarity. Cortisol (your stress hormone) is naturally highest in the morning—this class helps regulate it, so you start calm, clear, and grounded. Perfect for those who don't feel like exercising but want to feel good and centered for the day ahead.

**Sunday Soothe 6 pm:**

Sundays don't have to be filled with anxiety about the work week ahead. Too often, we let anxiety ruin our Sundays, leaving us unable to be fully present with ourselves and our families. This practice helps you create the space to let go of that worry and embrace your day, so you can move through the week with a calm, centered mindset. Through gentle movement, breathwork, sound healing, and guided meditation, this class will help you unwind, reset, and release the mental clutter that holds you back.

# Monday 11/3 & 11/17

**Daily Unwind: 6:30 pm**

Release the stress and tension of your day and return to your authentic self in this restorative practice. Through conscious breathwork, gentle movement, and sound vibrations, you'll move stagnant energy, calm the mind, and reduce anxiety. Let go of work, obligations, and distractions, creating space to be fully present for yourself and your loved ones.

These tools help you relax deeply, restore your energy, and prepare your body for a restful, rejuvenating sleep

## Tuesday 11/4

**Hatha Yoga with Mary: 6pm**

Connect body, mind, and breath in this gentle yet empowering Hatha yoga practice. Through mindful postures, conscious breathing, and slow flow, you'll cultivate strength, flexibility, and inner calm. Perfect for all levels, this class guides you to find balance, presence, and harmony in every moment

## Wednesday 11/5 & Thursday 11/6

## Beaver Full Moon Candlelight Meditation 6pm

As the Beaver Full Moon rises, we gather in candlelight to honor this sacred time of preparation and reflection. Traditionally, this moon marked a season when beavers built and reinforced their lodges for the winter—a reminder for us to prepare our own inner sanctuaries of rest and resilience. Through gentle somatic movement, we'll soften tension and clear what the body has been holding. Guided breathwork will restore balance to the nervous system, grounding us in calm awareness. A soothing sound bath will follow, washing through every cell and harmonizing body, mind, and spirit. This candlelit meditation invites you to release what no longer serves, gather your energy inward, and prepare your heart for the stillness and renewal of winter's approach

## Wednesday 11/19 & 11/26

# Gratitude Practice

Step into a heart-centered practice where gratitude lifts you to your highest vibration. Through gentle movement, breathwork, meditation, and reflection, open yourself to the flow of life's blessings and honor your worthiness to receive. Each moment of gratitude becomes a magnet for abundance, joy, and fulfillment, expanding your heart and radiating positivity into the world around you. Come, cultivate this sacred energy, and allow the beauty of life's blessings to pour into every corner of your being

# Special Events

## Saturday 11/22

### Seeds of Gratitude — A Land Acknowledgment Ritual

Acknowledging the Indigenous roots of Smithfield — giving thanks, planting seeds of respect

In November, a time when we give thanks and honor heritage, we come together to deepen our connection to land, ancestors, and community. In the Tidewater region of Virginia—where Indigenous peoples have tended the rivers, fields, and forests for thousands of years—this moment holds sacred meaning. We will pause to acknowledge the original stewards of these lands, plant seeds of gratitude, release what no longer serves, and welcome renewal through mindful ritual, breath, movement, and stillness. Join us as we honor the history of this place, offer our respect to those who came before, and carry their wisdom, resilience, and love into the present with intention and heart.

# Saturday 11/29

## Post-Thanksgiving Heart Reset

Let go of stress, consumerism, and exhaustion, and remember what really matters. You work so hard for everyone else—now it's time to honor yourself. Slow down, breathe, and reconnect with the heart of Thanksgiving. This restorative practice blends movement, meditation, sound, and self-gratitude rituals to restore your energy and celebrate your own abundance