

Class Descriptions

<p>Gentle Yoga A slow-paced stretch; focusing on alignment & bringing gentle movements to the areas that need it the most. Relaxes the mind & re-balances the body. Ideal for BEGINNERS & ALL LEVELS.</p>	<p>Power Yoga A medium to fast paced flow, pairing energetic movements with each breath. Building heat, endurance, strength, flexibility & mental focus. A “work out” for the body, and a break for the mind. Perfect for those who enjoy a bit of a challenge!</p>	<p>Restorative Yin Yoga A slow series of long-held, passive poses. Concentrates on deep connective tissues in order to eliminate pain, restore motion & increase flexibility. A work out for the mind, a deep reset for the body. Suitable for BEGINNERS & ALL LEVELS</p>	<p>Energy Flow Not too fast, not too slow. An assortment of postures paired with the breath; awakening the physical & energetic body, as we refresh the mind. Perfect way to begin or conclude the day! Excellent for ALL LEVELS.</p>
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<p>^Chair Stretch and Balance^ THIS SPECIALTY CLASS ONLY \$5 A gentle and highly beneficial practice done while sitting or with the assistance of a chair. Improve balance and range of motion, increase strength and offer wellness to the mind while being gentle on the body. Amazing for those healing their body & great for SENIORS!</p>	<p>Sounds for the Soul Meditation Enjoy a unique and restful experience with this meditation. Find yourself immersed in the healing sounds of crystal and Tibetan singing bowls, chimes, drums, gongs, tuning forks and rain seeds, while being guided through a visual journey. Each unique meditation is created with intention to bring you to a highly relaxed state in which healing occurs.</p>	<p>Mindful Movement & Mandalas Join us in an exploration of how we experience the world through the subtle movements of the body. Each session of this limited offering will include a discussion on somatic exploration of the unconscious mind, a gentle guided moving meditation and a mandala art project to help transmute our experience into physical realities. No art experience needed.</p>	<p>Chakra-Dance Come find Your Dance, Voice, Stories, Inner Peace. Join us in this unique workshop combines music, movement, & mandala art! Guided by a specific music that resonates to each of the body's seven major energy centers, Chakra-Dance helps participants explore, experience, and balance their own chakras. It is a magical and transformative experience as the energy of the chakras moves through you in your dance and activates the body's natural healing abilities. Wear comfortable clothing. No experience needed.</p>
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ENERGY HEALING FOR SELF IMPROVEMENT! Limited Series with Dr. Adrian Campbell

Too often our mental health is only addressed through our cognitive processes, completely ignoring the soma and soul. This can often make symptoms like depression, anxiety, or insomnia worse, because the root of the issue isn't being addressed. Though you “should” be better, though you might be telling yourself you are OK, deep down you might still feel off, like something just isn't quite right. In this limited 3-week series connect more deeply with your energetic self, feeling into both soma and soul, honoring the wounding that is found, and celebrating the strengths that are too often set aside. Each week will include a bit of lecture, some meditation, and self-reflective practices to make sure the information gained is practical and applicable.

June 3rd - Week 1: Understanding Dysfunction in the Energetic Body Learn about the energetic vs. physical body, the aura/bioenergetic field, the chakra system, and practice connecting with them in order to better support your mental health in everyday life. Then we will take a closer look at each of the seven major chakras as a framework for understanding our experience of the world around us. We will discuss attributes of both healthy and unhealthy chakras, past & present contributors to dysfunction, and actions you can take to improve the health of your chakra system.

June 10th - Week 2: The Power of Intention & Working with Crystals We will discuss how words and intentions can create or release energetic blocks within our system. As well as how to use crystals to help support and reinforce meaningful intentions to support resilience and growth. Each participant will receive a clear quartz point and learn how to energetically cleanse and charge their quartz crystal with a positive intention of their choosing.

June 17th - Week 3: Creating a Supportive Daily Practice Discuss how to create a flexible, yet supportive daily practice to support your overall health and wellbeing. We will do this through discussion and practice of multiple methods of self-healing; including breathwork, guided meditation, and mindful movement. Dr. Adrian will share with you the common pitfalls people experience when trying to maintain a daily practice, and how flexibility and clarity play contribute to long term success.

<p>Family Fun Event FAMILY FUN FIELD DAY!! AT GREEN VALLEY PARK. Join us at the big ramada near the playground at GV Park for a morning of fun outdoor activities! This Donation Based event is for the families! Bring the kids and join the fun! For kids of ALL AGES! Please note that all children must be accompanied by an adult. Mother Malard is a retired teacher with 34 years of childhood and special education. Yoga provided by Megan. Hosted by Heart of Arizona Non-Profit.</p>	<p>PAINT IN THE PINES Everyone can paint! This class is for ALL artistic levels. William will guide participants through easy to follow, step by step instructions to create a unique work of art. No painting experience necessary. Creativity has no rules, come in and explore your boundless imagination! Painters are welcome to bring your own snacks and beverages. Check our website or in studio for the painting of the month. All art supplies are provided with the class. Let you inner artist shine at Paint In The Pines \$40</p>	<p>Stand Up Paddle board Yoga This full body workout is a fun way to get you out in nature while building strength and balance. SUP Yoga combines the stress reduction of a regular yoga practice with the calming sensation of being on the water and feeling the gentle ripples beneath you. Join our life guard certified SUP Yoga instructors for a unique experience! NO paddle board or yoga experience needed. *Must Register* - \$30 \$40 with board rental</p>	<p>Sound Play Workshop Have you ever wanted to play a crystal bowl or hit the gong?! Learn about the power of sound and frequency as we discuss the healing benefits & affects they have on the Mind, Body & Soul. Participate in a Sound Healing Circle, where each person will have the opportunity to play healing sound instruments like crystal bowls, chimes, tuning forks and more, while we create a shared space of connection, healing energies, fun & laughter!</p>
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