

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Nidra Nook	Qi Gong	Diane Christensen	9:30 AM	10:30 AM	1h 0m	Journey through a series of 10 foundational postures for building strength and improving balance. Explore the key elements of breath work in combination for healthier respiratory and calming the central nervous systems while incorporating visualization for restorative benefits. A body, mind, spirit practice that is like a vacation with our ever leaving home.
Nidra Nook	Reclaim Your Calm - Yoga Mix for Emotional Overwhelm	Ellen Crider	11:00 AM	12:00 PM	1h 0m	Take a gentle journey inward toward reclaiming your calm. This trauma-informed class is a nurturing, therapeutic fusion of Gentle Yoga, Energy Medicine Yoga and QiGong that cultivates self-compassion, releases stored emotions and regulates the nervous system.
Nidra Nook	Pilates Core and Restore	Katie Gaither Bass	12:45 PM	1:45 PM	1h 0m	This 75 minute Pilates class is a low-impact, full body workout that emphasizes core strength, precision, and the mind body connection. The Pilates Core section, which occupies 45 minutes, focuses on building core strength. After the core workout, participants will engage in the Restore section for 30 minutes. This section includes deep stretching and relaxation techniques to release tension and promote a sense of balance.
Nidra Nook	Tai Chi for Beginners	Betty Gast	2:00 PM	3:00 PM	1h 0m	Tai chi is a form of ancient martial arts. Although there are brisk and strenuous styles, what is most commonly practiced in modern times is known for slow, smooth, continuous movements that make it possible for anyone to learn and practice. Yang 24 Forms is the set most commonly practiced around the world. “Tai chi for Beginners” is the first 7 forms of the 24 Forms and encompasses all the principles that make Tai chi so beneficial for improving health, well-being and balance.

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Nidra Nook	Zen Flow and Stretch	Suzanne Teague	3:15 PM	4:15 PM	1h 0m	Discover a yoga experience designed to gently awaken the body, calm the mind, and open the heart. Zen Flow & Stretch blends mindful movement with breath centered awareness, guiding you through heart, hip, and shoulder-opening sequences that create space and ease throughout the body. Class begins with grounding meditation, followed by slow, intentional stretches to warm and prepare your muscles. You'll then move into a smooth Vinyasa-style flow that builds heat, presence, and connection. We close with deeper stretches and a restful savasana, leaving you centered, open and renewed. All levels are welcome.