

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Peacock Inn	ZenDoodles	Erica Derr	9:30 AM	10:30 AM	1h 0m	A meditative, free-form drawing style that uses repetitive, structured patterns to fill spaces, aiming to foster relaxation, mindfulness, and creativity. black-and-white, Zendoodle is highly customizable, allowing for color, varied paper sizes, and more artistic freedom. This accessible art form allows individuals to create beautiful, intricate artwork without advanced drawing skills, as the focus is on the process rather than the final result.
Peacock Inn	Yoga Nidra	Tony Reynolds	11:00 AM	11:30 AM	0h 30m	You are invited to an ancient practice of reclining guided meditation that has been adapted to suit the hectic stressful conditions of modern life and its aftermath. No experience is necessary to participate in this 30-minute immersion into this space between waking and sleeping, often referred to as “yogic sleep.” Little to no effort is required. There is no wrong way or right way to participate.
Peacock Inn	Ayurveda: Bite into Balance	Twyla Deese	12:00 PM	1:00 PM	1h 0m	Unlock your personal blueprint through Ayurveda’s five elements and three doshas. Discover what makes you you—and how to restore balance in a world that pulls you off center. Bring your lunch for this insightful, practical, and transformative workshop.

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Peacock Inn	Sacred Inner Child Journey & Art Expression	Elizabeth Powell	1:15 PM	2:15 PM	1h 0m	This workshop is designed to help souls connect to their inner child and really communicate deeply to initiate healing and embodiment. We start with setting intentions and grounding to connect to our inner child with non-judgment. The participants intuitively draw or write out how their inner child is feeling before the healing. Then we go through a Quantum healing journey for the inner child supported by Reiki energy. When the participants come out of their healing experience, we come back to our paper to draw what has changed for our inner child. There will also be time for sharing and questions. This helps people to see how easy it is to connect to this part of them that's always available , how to communicate and work with their inner child, and to capture that transformation on paper to visibly see the shift.
Peacock Inn	ZenDoodles	Erica Derr	2:30 PM	3:30 PM	1h 0m	A meditative, free-form drawing style that uses repetitive, structured patterns to fill spaces, aiming to foster relaxation, mindfulness, and creativity. black-and-white, Zendoodle is highly customizable, allowing for color, varied paper sizes, and more artistic freedom. This accessible art form allows individuals to create beautiful, intricate artwork without advanced drawing skills, as the focus is on the process rather than the final result.
Peacock Inn	Yoga Nidra	Tony Reynolds	3:45 PM	4:15 PM	0h 30m	You are invited to an ancient practice of reclining guided meditation that has been adapted to suit the hectic stressful conditions of modern life and its aftermath. No experience is necessary to participate in this 30-minute immersion into this space between waking and sleeping, often referred to as “yogic sleep.” Little to no effort is required. There is no wrong way or right way to participate.