Location	Class/Session	Presenter	Duration	Start Time	Description
Harmony Hall	**Pilates**	Michelle Morgan	1h	9:00 AM	Pilates centers on cultivating core strength—embracing the abdominals, lower back, hips, and buttocks—while gently lengthening and strengthening all major muscle groups. This harmonious practice enhances flexibility, strength, balance, and body awareness. Whether you participate in sports, walk, run, or practice yoga, Pilates offers a path to improved performance. The blend of mindful breath work and intentional movements of Pilates leaves you feeling both invigorated and serenely calm.
Harmony Hall	**5Rhythms® Moving with the Breath/Stillness Exploration**	Karen Chapman	1h 30m	10:30 AM	The invitation for this 5Rhythms® Class is to explore different ways of breathing while in Motion. The breath gives us life and sends oxygen to various parts of our body. It fills up our lungs and gives us energy, or it can calm us down. We move to the Maps created by Gabrielle Roth which are Flowing, Staccato, Chaos, Lyrical and Stillness. We use these Rhythms as our guides for movement. There is no dance experience required, just have a curiosity in movement of the body! See ya on the dance floor!
Harmony Hall	**Cacao Ceremony**	Meredith Marie Young	1h	12:30 PM	Join Meredith Young for a transformative Cacao Ceremony! An ancient ritual that offers deep connection to nature, yourself and others. We will sit in a heartfelt circle, intentionally sipping chocolate in its purest & rawest form. Then take a journey through light breath work & mindful movement, ending in a relaxing meditation with sand bag eye pillows. Your heart will thank you! *Class size is limited to 30.
Harmony Hall	**Reiki and Restore**	Kellie Allie	1h 30m	2:00 PM	Experience a tranquil blend of restorative yoga and the healing power of Reiki as we embark on a journey to restore both body and soul.
Harmony Hall	**Zen-sational Yin & Sound Bowl Therapy**	Deb Crawford & Tracy Gimbel	1h	4:00 PM	Come and enjoy a gentle but deep Yin yoga stretch class. Enjoy the final relaxation with sound bowls.