



# WELLNESS WORKSHOP

SUNDAY APRIL 21,  
2024

*A full day of movement, yoga &  
dance classes for adults to awaken &  
soothe the senses. Live musical  
accompaniment, time for journaling,  
rest & reflection. A nourishing lunch,  
tea and treats will be provided.*

9:00 AM - 3:30 PM

***Refresh & Restore!***

Best suited for adults ages 18 and up  
\$65.00 includes all classes, lunch, and tea  
tap shoes are available to use

pre-registration is required. [www.gracecenterfm.com](http://www.gracecenterfm.com)



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9:00-9:15 a.m. arrival, tea & treats

9:15-9:30 a.m. opening meditation

9:30-10:30 a.m.

Studio A - Ballet from the inside out

Studio B - QiGong

10:40-11:40

Studio A - Vinyasa Yoga

Studio B - Intermediate Tap

11:45-12:45

Studio A - All levels Hip Hop

Studio B- Tap for Beginners

12:45-1:30

Lunch & free time

(g/f & vegan options available)

1:30-2:30

Studio A - Modern/Contemporary with live music by Joanne the Band

Studio B - free space for journaling, reading, reflecting, enjoying the music

2:30-3:30

restorative yoga and closing meditation