

NYE Special Event Schedule

MAIN HALL

FLOOR 2

Relax and Unwind Yoga

with Antionette Simms

7:30pm – 9:00pm

Relax and Unwind Yoga provides a sequence of relaxing stretches, calming poses, and soothing breathing techniques in the evening to support relaxation and more restful sleep. The intention of the class is to regulate the nervous system and gather a body/mind sense of calm, ease, and relaxation. This class may include a mixture of gentle, yin, and

ELMVIEW

ANNEX

Manifesting a Bright New Year

with Beth Grace

7:30pm – 9:00pm

This special New Year's Eve class will guide you to clarify your wishes and to set your intentions for the New Year. You will also learn how to use a powerful Chinese astrological system to harness spiritual energy

ELMVIEW

ANNEX

Everyday Tarot: Introduction to Increasing Intuition

with Cynthia Papa-Lentini

9:15pm – 10:45pm

Learn to read the Tarot as a tool to understand your emotions, feelings and outcomes of their life's decisions. Become more aware of the non-physical body and the subtle realms in which we live and how these subtle places also determine our path and

SUNRISE

FLOOR 1

A Creative Ritual for Letting Go and Moving Forward with Peace

with Laura Thompson

9:15pm – 10:45pm

Ring in the new year of hope and positivity with this 2-part guided meditation and art workshop. Includes a pranayama practice, breathing, writing activity, and group ritual to let go of what has been holding us back over

SHADOWBROOK

FLOOR 1

JourneyDance Release and Manifestation Celebration

with Toni Bergins, Joy Okoye, and Musical Guest Earth Ephect

10:00pm – 12:30am

Experience aliveness of your body and soul. Release the last vestiges of what no longer serves you in a powerful JourneyDance movement ritual with Toni Bergins. Go deep into your inner space of manifestation in a sound immersion with Joy Okoye & Earth

ELMVIEW

ANNEX

Guided Mantra and Meditation to Bless Your New Year

with Shivananda Thomas Amelio

11:15pm – 12:15am

Tonight we will be sharing in a yogic mantra and mudra meditation to release the old, invoke invisible support, and bring in abundant new blessings. There will also be a