

Saturday Scheduled Events



- **12 PM - Welcome Circle & Grounding**

Gentle group check-in, intention setting, and grounding exercises.

- **12:00 PM - Center & Calm: Guided Somatic Mindfulness Walk**

Led by Amanda Johnson

(Wear comfortable walking shoes.)

- **1:30 PM - Stretch & Sprout: Family Yoga in the Square**

Led by Katie Aissis

(Family-friendly yoga practice on the lawn. Bring a mat.)

- **2:15 PM - Sing & Connect: A Mindful Family Music Gathering**

Led by Elyssa Glassman

(Music, movement, and mindfulness for families.)

- **3:15 PM - Restore & Receive: Guided Visualization + Reiki-Infused Sound Healing**

Led by Elyssa Glassman

(Sound bath journey with energy healing.)

- **4:00 PM Regulate & Restore: A Somatic Nervous System Reset**

Led by Amanda Johnson

(Guided somatic practices and mindfulness to support nervous system balance and emotional resilience.)

- **5:30 PM - Informal Wrap-Up**

(Relax, journal, read a book, add to the community mandala, engage in the nature scavenger hunt or simply enjoy the afternoon at Blair Square.)

Sunday Scheduled Events



- **8:00 AM - Welcome Circle & Grounding**

Gentle group check-in, intention setting, and grounding exercises.

- **8:30 AM - For Littles: Movement & Mindfulness**

Led by Alyssa Goff, LMHC, R-DMT

(Playful mindful movement session for young children. Bring a mat.)

- **9:30 AM - Relax & Receive: Group Reiki for Deep Calm & Supportive Reset**

Led by Amanda Johnson, Elyssa Glassman, and Victoria (Vicky) Rojas

(Gentle group Reiki experience. Bring a mat.)

- **10:30 AM - Root & Rise: Mixed Levels Yoga Practice**

Led by Victoria (Vicky) Rojas

(Bring a yoga mat - a grounding yoga session suitable for adults.)

- **11:45 AM - Restore & Receive: Guided Visualization + Reiki-Infused Sound Healing**

Led by Elyssa Glassman

(Sound bath journey with energy healing.)

- **12:00 PM - Picnic Lunch + Free Play**

(Families bring their own lunch. Relaxation and nature exploration.)

- **1:00 PM - Sing & Connect: A Mindful Family Music Gathering**

Led by Elyssa Glassman

(Bring a yoga mat - interactive music, mindfulness, and family movement session.)

- **2:00 PM - Closing Circle & Gratitude Ritual**

(Group song, gratitude sharing, and Reiki blessings to close the weekend.)