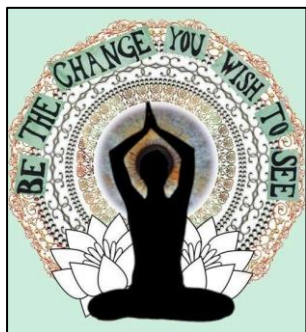


Yoga Schedule

Monday	
Open Studio	8 – 8:45am
Tuesday	
Early Morning Yoga Kathy Quackenbush	7:30 AM – 8:45 AM
Mixed/Gentle Yoga Kathy Quackenbush	9:30 AM – 10:45 AM
Wednesday	
Open Studio	8 – 8:45am
Thursday	
Chair Yoga Kathy Quackenbush	9:30 – 10:30 AM
Classical Yoga S.D. Swan	12:30 PM – 2:00 PM (2 nd & 4 th THU)*
Friday	
Open Studio	8 – 8:45am
Gentle Yoga Lynda Barrow	10:30 AM – 11:45 AM



Community Groups

Community Acupuncture Clinic with Freya Farley

1st Wednesdays of the Month 5:30 - 6:30PM

\$10 for members; \$15 for non-members

Community Acupuncture Clinic with Tracy Hockmeyer

3rd Fridays of the Month 12:30 – 1:30PM

\$5 members, \$10 non-members

Kirtan Chanting

4th Wednesdays of the Month 7PM

Donations accepted at the door.

One of the oldest sacred music traditions of the world, the kirtan call-and-response chanting genre comes to us from India. The kirtan calls upon sacred energies which serve to quiet the mind, remove obstacles, and bring us back to the center of our being.

Yoga Nidra with Sue Foxwell

a guided practice for deep relaxation & healing

1st Wednesday of the Month 6:45 – 7:45 PM

3rd Wednesday of the Month 6:45 – 7:45 PM

\$10 donation

Evergreen Buddhist Study Group

2nd & 4th TUE 6:30 PM–8:00 PM

\$5 donation for Evergreen, plus *dāna** This group focuses on the teachings of Tibetan Buddhism with special emphasis on Dzogchen which is the ultimate or highest teaching in Tibetan Buddhism.

Men's Group

Every THU 7:30 AM–9:00 AM

It's a time and place where men can frankly and openly deal with issues in their lives. Men of all ages are invited.

Donations appreciated.



Find your Sanctuary

**Classes,
Workshops
& Events
SPRING 2017**

770 Port Street Easton, MD 21601

www.evergreeneaston.org

410-819-3395 or email:

office@evergreeneaston.org

Open Studio Yoga with Freya Farley**MON, WED, FRI 8:00 – 8:45am****Drop-in Members: \$5 Non-Members: \$10**

Radiate Your Essential Self

Open to all. Start your day with centering movement, and building the intention of health and balance. You may follow along with Freya's practice, or use this time and space in community to build your own practice.

Early Morning Yoga with Kathy Quackenbush**TUE 7:30 – 8:45 AM****7 week series: \$90 Drop-in: \$15**

This class is open to all students. The focus will be on alignment of the body, mind, and breath, creating richer and more balanced poses, a settled mind and a healthy life. Props and variations of the poses will be integrated allowing all students to work on their individual levels of expertise.

Mixed/Gentle Yoga with Kathy Quackenbush**TUE 9:30 AM–10:45 AM****7 week series: \$90 Drop-in: \$15**

Step into life gracefully! This practice is designed to improve movement of the joints, ease stiffness, and increase flexibility. This class is appropriate for students new to yoga as well as those looking to refine their practice.

Chair Yoga with Kathy Quackenbush**THURS 9:30 – 10:30 AM****7 week series: \$90 Drop-in: \$15**

You may have heard of yoga's many benefits, but are reluctant to give it a try. You might not be comfortable getting down on the floor. If this sounds like you, then "Chair Yoga" may be what you need. The entire class takes place while sitting on a chair or standing.

Classical Yoga with Swan**2nd & 4th THURS (1/12, 1/26, 2/9, 2/23, 3/9, 3/23)****12:30 PM – 2:00 PM****6 Classes: \$98 Drop-in: \$20**

Change your consciousness, change your life. This unique yoga program is specifically designed to support the biological and energetic shifts experienced during seasonal changes. One's ability to adapt to change is a cornerstone of good health. Seasonal breathing, stretching and tonification practices as well as chakra energizing and sense nourishment help to balance the nervous and endocrine systems that modulate biorhythms. 5 Element principles and lifestyle recommendations will be explored.

Gentle Yoga with Lynda Barrow**FRI 10:30 AM – 11:45 AM****8 weeks: \$100 Drop-in: \$15**

This class is appropriate for students with limitations, including those recovering from injury or disease, as well as those yogis who already fit, but who lack the overall flexibility to do some of the intense poses. Emphasis is placed on improving balance, strength and range of motion.

March**Reiki Level I Training with Dell St. Ana****Sunday March 12 10:30am – 6:30 PM****Tuition: \$145**

Learn an ancient method of natural, hands-on healing. No experience necessary! This day-long workshop will provide you with everything you need to become a Reiki practitioner.

Jewelry Making Intensive with Sue Stockman**Fri – Sun March 17 – 19, 2017****Members: \$200 Non-Members: \$215**

This weekend workshop will allow for an opportunity to learn and create jewelry from a variety of techniques and materials. Emphasis will be on basic metal techniques which will include sawing and soldering metals and basic stone setting and forging or hammering. There will be ample time to complete projects of your choice and to discover ways to assemble a wide range of materials.

April**Reiki Level II Training with Dell St. Ana****Sunday April 9 11am – 5pm****Tuition: \$177**

Take the next step on the Reiki path! This class focuses on Reiki techniques for distance healing, including the distance healing symbols and attunements.

May**Advanced Reiki Training with Dell St. Ana****Sunday May 14 11am – 5pm****Tuition: \$202**

More tools for your Reiki practice! This one day intensive includes the Usui Master symbol and attunement, how to use a Reiki grid, Japanese Reiki Techniques, Aura Clearing, a Reiki Moving Meditation and more.