



Tri Main Center-  
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# FUN EVENTS FOR SELF IMPROVEMENT

## MARCH EVENTS

EVENT	DATE/TIME	DESCRIPTION
<b>DANCE ON THE WILD SIDE</b>	<b>Third Friday of Month 7pm</b>	Join Mary Ellen Carges for an energetic night of dance to balance the body/mind/spirit. No previous experience needed. All are welcome! \$10-15 Donation appreciated or 1 use of class pass.
<b>ADULT DRUM CIRCLE</b>	<b>First Friday of the Month</b>	Join Mary Ellen Carges for an adult drum circle to raise your vibration, clear energy channels to balance the body/mind/spirit. If you have a drum or percussion instrument please bring it along.
<b>HEALING CIRCLE</b>	<b>First Sunday of Every Month 730pm</b>	Want to be around other lightworkers, energy healers, people?? Explore different ways of self healing like mediation, reiki, sound, mediation giving and receiving. Please join us for this informal group get together...whatever shows up is welcome! Love Donation
<b>JIN SHIN JYUTSU Self Healing Technique Series 1</b>	<b>Sat March 6 &amp; 13<sup>th</sup> 1-4pm</b>	Join Rev. Tara Welty in learning about a Japanese physio-philosophy healing that increases vitality and deepens levels of self-knowing and inner cultivation. These workshops will focus on Text 1 of the Self Help books- an introduction to the history and theory of Jin Shin Jyutsu, the application and awareness of universal energy and basic and special daily sequences. \$60
<b>INTRODUCTION TO ZUMBA</b>	<b>Sat March 6 430-530pm</b>	Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Julia has been Teaching Zumba with much success to women 40-80 years of age. Zumba is an exciting hour of calorie-burning, body-energizing, body-toning that you are sure to enjoy
<b>INTRODUCTION TO THE CHAKRAS</b>	<b>Fri March 12<sup>th</sup> 7pm</b>	This introduction to Journey into the chakras workshop will briefly look at all seven main chakras. We will explore what the chakras are, how they affect our lives and what the benefits of working with them are. Discover how the different ways of working with Chakras can help create balance and healing in our lives. Donation of class pass
<b>JOURNEY INTO THE CHAKRAS WORKSHOP</b>	<b>SUNDAYS 530-8PM</b> <b>MARCH 14<sup>TH</sup>- APRIL 11<sup>TH</sup></b> No class April 4 <sup>th</sup>	Learn what your life, health, relationships, and work will look like if the charkas are in balance or if the are excessive or deficient. Create awareness of the emotions that tend to block and balance each charka and different ways to deal with them, as they surface during the balance and healing process. Explore different ways of balancing each charka through yoga postures, sound healing, meditations, journaling exercises, crystal healing, reiki, and creative arts. \$85 for all sessions includes snacks & refresh all supplies and crystal healing for jewelry. Sunday March 14th- Root & Sacral Chakra Sunday March 21 <sup>st</sup> - Solar Plexus & Heart Sunday March 28 <sup>th</sup> - Heart & Throat chakra Sunday April 11 <sup>th</sup> - Third Eye & Crown
<b>Kids DRUMMING &amp; DANCE</b>	<b>Sat. March 20<sup>th</sup> 130-330</b>	Bring the kids, Bring your significant other, Bring a friend - Come drum and dance your way through a Saturday afternoon. 1hr hour drumming and another hour dancing. If you have a drum or other percussion instrument feel free to bring it along. \$10 Love donation suggested for adults. Children free.
<b>YOGA NIDRA- YOGIC SLEEP</b> <b>GUIDED DEEP RELAXATION</b>	<b>Fri. March 26th 7pm-8:30pm</b>	Yoga Nidra is a systematic method of complete relaxation, holistically addressing our physiological, neurological, subconscious needs, where one achieves true relaxation. During the practice of yoga nidra, one appears to be sleep, but the consciousness is functioning at the deeper level of awareness. It is state of mind in between wakefulness and dream. People have found a constant practice of Yoga Nidra restructures and transforms the whole personality from within. \$10-15 Donation appreciated or 1 use of class pass