



March Newsletter

Upcoming Events

Live & Learn

Tuesdays 12-1 pm
@ Hershey Office
Thursdays 12-1 pm
@ St. Pauls Church

3D Balance Class

March 7th 9:15- 10:15
March 17th 5:30-6:30

Journey to the Well

March 18th
10-12 pm
@ River Exchange 150 Calvary Church
Rd
Wrightsville, Pa. 17368

Friends and Family Meal

March 21 6-8 PM
@ The Farm
345 Witmer Road Hershey, PA

Mindful March

This month we are celebrating the act of mindfulness. As winter turns to spring and days reveal amazing and awful realities amidst the unpredictability of the season, it is important to enjoy every moment knowing that change is our reality. Like the inconsistency of our weather that brings about the beauty of early spring flowers whose beauty is cut short by returning frozen temperatures. Mindfulness is the practice of being fully present of all that is around you.

This month learn how to discover the gift of the present moment. It's as easy as...

- 1- stop what all you are doing and find your breath (focus within)
- 2- come to your senses (all 5 of them- sight, smell, sounds, taste and touch)
- 3- honor all of you and connect with your body by breathing through a body scan becoming aware of yourself from your head to your toes.
- 4 - Be kind to yourself when this simple exercise of being present gets distracted by thoughts or external responsibilities.

Journey to the Well

Join us Saturday March 18th from 10-12 pm for a Journey to the well. Our mission is to provide a reflective inspired experience through a self guided hike where you can process your journey of life through the eyes of your heart.



New Location for 3D Balance Classes!

We will now be holding our 3D balance classes in partnership with Community Yoga. This class highlights the 3 components of one's health mentally, physically, and spiritually and the empowerment you can feel when all areas of your health are ~balanced~

These classes will be held on the 2nd Thursday of the month 9:15-10:15 to focus on mindful movement and breathing. & 3rd Friday of the month 5:30-6:30 to focus on energetic movements to shake off the stress of the week and prepare for the weekend.

