

EVENT VENUE  
LET US HOST YOUR GATHERINGS

- Reunions
- Celebrations
- Meetings
- Workshops
- Classes-Trainings
- Multiple Spaces
- Single Day
- Multiple Days
- Catering optional
- Lodging optional
- Customized

SPRINGS SPONSORED

CLASSES

- Arts & Crafts
- Self-Help
- Gardening
- Stress Relief
- Stained Glass
- Sand Play
- Mindfulness/Meditation
- Body Electric
- Sand Tray
- Grief Processing
- Stress Reduction

SERIES

- Health/Fitness
- Healthy Lifestyle
- Being a Better You
- Mindfulness & Meditation
- Body Electric
- Sand Tray
- Journaling
- Lucid Dreaming
- Brain Repatterning
- Life Patterns
- Rebuilding

WORKSHOPS

- 3 Hour**
- Sand Play Intro
- Energy 101
- Meditation 101
- Intro to Art
- Glass
- Breath Work
- 1 Day**
- Sand Tray
- Play Therapy
- Brain Training
- Art Therapy
- 2+ Emersion**
- Spiritual
- Journey
- Releasing
- Trauma
- Life
- Transformation

ONGOING

COMMUNITY GATHERINGS

- Life Coaching
- Support Groups
- Meet-ups
- Open Art Studio
- Group Fitness
- Qigong
- Yoga
- Breathwork
- Journaling
- Community Cooking
- Games/Cards
- Movies
- Talk & Tea Time
- Around the Fire
- Rituals
- Brain Enhancement
- Events**
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