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**
  - Illumen Group
  - Solstices
  - Rituals
  - Holidays