



Find Your BALANCE

MOVEMENT & WELLNESS SERIES WITH EASE

EASE is proud to offer a series of in-person, experiential wellness classes focused on movement, mindfulness, and energy practices. Designed to support:

- Stress reduction
- Resilience
- Well-being
- Emotional Regulation

CLASSES OFFERED:

- Gentle Yoga
- Tai Chi / Qi-Gong
- *Integrating Meditation & Mindfulness*

🌿 Free and exclusive for EASE Member District employees

📍 All sessions held LiveStream via Zoom

🌿 No experience required | All levels welcome



MORNING
CRANE®
HEALING ARTS CENTER





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2026-27 CLASS SCHEDULE

GENTLE YOGA

Mindful movement and breathwork to support flexibility, strength, and nervous system regulation.

2026- 9/2, 10/14, 11/4, 12/2

2027- 1/13, 2/3, 3/10, 4/14, 5/5

WHEN / WHERE

Wellness Wednesdays, 4-5 p.m.
Remote participation
Live on Zoom

TAI CHI / QI -GONG

Slow, flowing movement practice that improves balance, coordination, and mental focus.

2026- 9/23, 10/28, 11/18, 12/16

2027- 1/27, 2/17, 3/17, 4/28, 5/12

REGISTRATION

Free of charge for EASE member districts.

Registration required.

